

**Local woman has seen 100 years of changes.**

News, Page 3A

**Warm up with bowl of chili heated to offset winter chill.**

Food, Page 1C

**Post-holiday dieters warned: avoid the yo-yo.**

News, Page 5A

# Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

BROOKLYN • GRANITE CITY • MADISON • MITCHELL • PONTOON BEACH • VENICE

VOLUME 19, NUMBER 5

WEDNESDAY, JANUARY 18, 1995

THIRTY-FIVE CENTS

## Five get top city ballot spots

By Bob Slate  
Staff writer

Five candidates took advantage of early filing Monday to have their names placed at the top of the April municipal ballot in Granite City.

Monday was the first day candidates could file nominating petitions to get their names on the April 4 ballot. Candidates have until Jan. 23 to file petitions.

In Granite City, nine offices are to be elected, including street superintendent, two aldermen in the 6th Ward and one alderman in each of the other six wards.

Names appear on the ballot in the order that nominating petitions are filed. If more than one candidate for a specific office file at the same time, a lottery is held to determine ballot placement.

Nine candidates in Granite City were present when Clerk Judy Whitaker opened the doors to election files. Five of those have assured themselves of top ballot placement and the other four will be determined by lottery.

Candidates traditionally seek the top spot on the ballot, using the logic that the placement could add votes.

Those filing at 9 a.m. Monday in Granite City were: street superintendent candidates Jerry Lak-in, of the 2200 block of Edison Avenue, and Glenn Romine, of the 2500 block of Edison; 1st Ward

(See BALLOT, Page 6A)



City Clerk Judy Whitaker, left, certifies the election petitions filed Monday by Granite City 2nd Ward aldermanic candidate Virgil Kambarian Jr.

## 5 from party file in Pontoon

By Hilley Schulte  
Staff writer

Five Pontoon Beach residents belonging to the "Village Improvement Party" filed for village positions Monday, the first day to file election petitions.

There are five positions, including mayor, clerk and three trustees, to be determined in the April 4 election in Pontoon Beach.

Current Mayor Glen Wilson, Clerk Lou Whitwell, incumbent trustees Janet Barrington and Bill Ross, and trustee candidate Don McNew all filed for election on the VIP ticket.

City halls in Madison and Venice were closed Monday in observance of the Martin Luther King holiday.

On Tuesday morning, four candidates filed petitions for five aldermanic seats to be elected in Madison.

Alexis Rozoyke Lux filed to run for the 1st Ward aldermanic seat currently occupied by Richard George.

Filing petitions in the 2nd Ward were Thomas L. Cass and incumbent Ralph W. Miller.

In the 3rd Ward, incumbent John W. Hamm III filed petitions.

Two aldermen are to be elected in the 4th Ward.

(See FILING, Page 6A)

## National may be sold

Schnucks targets stores of competitor

By James Barlett  
Staff writer

Schnucks Markets' has agreed to purchase all 53 National Food Stores in St. Louis, plus seven stores in Missouri and Illinois.

Craig D. Schnuck, chairman and chief executive officer, made the announcement during a press conference Monday at company headquarters in North County. St. Louis-based Schnucks currently owns 61 supermarkets in the metro area. The deal is subject to approval by the Federal Trade Commission.

There was no indication if the Granite City store is among those being purchased. However, if the store is purchased, either it or the Granite City Schnucks store might ultimately be closed, Schnuck indicated.

Schnuck said if a Schnucks and a National store are located very close to each other, it is likely that the "stronger of the two" will remain open.

Schnuck indicated National Food Stores are owned by Loblaw Companies Limited, of Canada, owned by Loblaw Companies Limited, of Canada, owned by Loblaw Companies Limited, of Canada.

(See STORES, Page 6A)



Singer/songwriter Michael Dowell strums his guitar.

## Songwriter seeks success

By Hilley Schulte  
Staff writer

Michael Dowell is well known on the East Coast for his singing and songwriting abilities, but he wanted to extend his fame to the Midwest.

So, he moved here.

Dowell moved to Granite City from the Washington, D.C., area in October, and he didn't come empty-handed. He has an award nomination, a new album, a new project and several great reviews from the East Coast to back him up.

But, why Granite City?

Well, Dowell said, there are a few hot music towns in the Midwest, including St. Louis, Memphis, Nashville and Chicago.

To get the Midwestern backing he hopes for, Dowell said he and his music need to hit those towns, and Granite City is as good a place as any to go from.

Plus, Dowell has an old friend from his mailing list who is a resident of Granite City. The friend asked Dowell to visit last year, which he did, and he decided to move here this past fall.

"It's not so much Granite City as it is the area, the whole Midwest," he said.

Dowell was nominated for an award by NAIRD (National Association of Independent Record

(See SONGWRITER, Page 4A)

## In the Journal

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**Coming Thursday . . .**  
News: Local port ships products all over the world.

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## Women of Achievement nominations being sought

Nominations are being accepted for the 40th annual Women of Achievement Awards co-sponsored by the Suburban Journals and radio station KMOX-AM (1120).

Nomination forms must be used when submitting a woman's name for the Women of Achievement honor. A form may be obtained at any local Journal office or by sending a self-addressed, stamped envelope to: Women of Achievement Committee, c/o Suburban Journals, P.O. Box 411274, St. Louis, Mo. 63141.

Completed nomination forms should be sent to the same address and must be received by Jan. 31.

The nomination forms include a place for the nominee's full name, address and telephone number, along with information on her achievements, memberships, organizations, activities and major accomplishments.

The 1995 winners will join more than 360 others who have been honored for outstanding achievements that in some way have benefited the St. Louis area.

The program was begun in 1955 by the former St. Louis Globe-Democrat and women from all walks of life have received the award.

Though their backgrounds may be different, they all have one thing in common — they have contributed to the strength and health of the St. Louis metropolitan community.



## Fire forces motel to be evacuated

By Bob Slate  
Staff writer

A downtown Granite City motel had to be evacuated just before noon Monday when a fire broke out in a first floor room.

The fire at the Illinois Motel, 1100 Niedringhaus Ave., started at 11:48 a.m. Monday. No one was injured.

According to a fire report, Randy Shelton, the occupant of the room, said that he had dropped a ring under the bed and used a cigarette lighter to try to find the ring. The mattress on the bed ignited.

Assistant Granite City Police Chief Kip Pomeroy said that two lighters, taped together, were recovered, as well as a can that is believed to have formerly contained butane fuel.

The lighters taped together are consistent with a common method used to ignite rocks of crack cocaine, Pomeroy said.

He added that no illegal drugs were found in the room. A spent casing, believed to be from a grenade launcher, was found, Pomeroy said.

Firefighters said no ring was found in the room.

Two pumper trucks, the Telesquirt apparatus and two ambulances responded to the blaze and contained fire damage to the

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## LOCAL NEWS

## Anti-smoking volunteers sought

To help educate school children about the dangers of smoking, the American Lung Association of Illinois needs volunteers for its "Smoke Free That's Me" smoking education program. A training session will be from 6 to 8 p.m. Thursday, Feb. 2, at Southern Illinois University's Vandalia Center. Free parking is available at the Center.

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## Vest trial to continue this week

Employees of the Doctors Clinic in Alton testified in court last week that the numerous tests they performed on patients at the request of Dr. Thomas Bruce Vest are nothing out of the ordinary.

Vest, who owns the clinic at 4325 Abby St., is on trial in U.S. District Court in East St. Louis on 38 counts of mail fraud. A federal grand jury indicted Vest in March 1993, saying he fraudulently billed Medicare and private insurance companies for false medical claims and unnecessary tests of patients.

Assistant U.S. Attorney Thomas Daily called several of the doctor's employees to the witness stand Wednesday to explain their roles at the clinic.

Radiology technologist Kathleen Straube, who has worked at the clinic for nine years, said she runs several CAT scans and magnetic resonance imaging or MRI tests each day on patients who have been referred by Vest or other physicians.

Straube said Vest monitors the test results and determines if additional testing is needed.

"He always comes down and looks at the tests, before the patient goes on to the next test," Straube said.

When questioned by Vest's attorney, Stephen Gilmore, Straube said Vest often reviews test results in his presence.

"Depending on what he finds, it may be the only test that's done on a patient," she said.

Straube said nearly half the patients tested at the clinic are referred by outside physicians.

"We pull (patients) from 100 to 130 doctors throughout the area," she said. "A lot of people hear about Dr. Vest and send patients for testing."

Lana Harrison, who also works at the clinic as a radiological technologist, said she performs about five or six CAT scans and MRIs on patients each day.

When questioned by Gilmore, Harrison said she sought employment with Vest because she considered him a good radiologist.

"He's a very good radiologist," she said.

"He's a very good person and a good employer."

Straube said Vest has ordered several tests on some patients and only one test on others.

When questioned by Daily, Harrison said she did not believe Vest was unethical.

## Bassett released after 4 days

Former attorney Gerald Bassett has been released from the Madison County Jail after serving only four days of his 30-day sentence for driving under the influence of drugs.

The 5th District Appellate Court issued an emergency order late Thursday directing Madison County officials to release the 42-year-old on \$5,000 bail.

"We objected to it," Madison County State's Attorney William Haine said. "We are looking at the order to see if we want to file any additional motions. The order was allowed with unusual and extraordinary swiftness."

Bassett, who was convicted by a jury in September of cocaine and unlawful possession of DUI and Valium, was sentenced Monday to 30 days in the county jail by Shelby County Circuit Judge Michael Kiley.

Bassett, who also was sentenced to two years' probation for the cocaine and Valium possession, was released from jail Friday morning. He had posted the \$5,000 bond after his arrest in October 1993.

Bassett's father, attorney Merle Bassett, filed a request with the appellate court Tuesday to release his son on bond pending appeal.

The order was signed by three appellate court judges, but their names did not appear on the formal document.

After Bassett was released Friday, Kiley ordered several bond conditions, including an order calling for Gerald Bassett to participate in counseling or a drug treatment plan recommended by the county Probation Department while he awaits his appeal. Bassett was ordered not to drive a car while he is out of jail and instructed to refrain from ingesting any non-prescription drugs.

Kiley had ordered Bassett to begin serving his jail sentence immediately after a five-hour sentencing hearing Monday. Kiley told Bassett he would receive credit for each day he served and would be released in 15 days.

Assistant State's Attorney Rich Rybak, who prosecuted Bassett, declined to comment on Bassett's release.

Bassett was arrested by Alton police in October 1993 after an accident on Homer Adams Park way near Alton Square. He said his brakes failed, causing him to run into a vehicle driven by a 17-year-old.

Bassett told police that drugs and a hypodermic syringe found in his vehicle belonged to a girl friend.

He had been acquitted of drug possession charges in July 1993 after he convinced a jury that drugs found in his car the previous February belonged to friends.

Bassett still faces a felony drug charge in a separate case in Montgomery County.

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"If I thought he was doing some thing wrong — I am a very honest person," she said.

Harrison acknowledged that she was not in a position to determine if patients' tests were always appropriate.

"That's up to the doctor and the patient," she said. "I don't know if the testing is necessary."

Three employees who transcribe Vest's dictations of test results admitted that they sometimes make mistakes but try to correct errors before the patients' records are sent to the billing department.

In his opening statement Monday, Daily accused Vest of ordering expensive and unnecessary tests for dozens of patients to help pay for costly equipment.

Gilmore said in his opening statement that Vest operated the clinic within the law and performed all medical tests in accordance with standard medical practices.

The trial, which is expected to last two months, is scheduled to resume Wednesday in the court room of U.S. District Judge J. Phil Gilbert.

— From the Alton Telegraph



Rachel Baskerville, the Variety Club of St. Louis' poster child, pins the first Gold Heart on the Variety Club's new president, J. Cliff Eason, at a recent luncheon.

## Good-hearted residents wear Gold Hearts for kids

Wearing your heart on your sleeve is the idea behind a promotion sponsored by the Variety Club of St. Louis.

The Variety Club has launched its Gold Heart promotion to help disadvantaged children in the greater St. Louis area. That help includes direct support to nearly 1,000 families.

Gold Heart pins can be purchased for \$2 at several locations throughout St. Louis. The hearts are intended to be worn on a shirt sleeve as a way of showing concern for children. Proceeds from the Gold Heart pin sales will benefit the St. Louis Variety Club and local children's agencies.

Rachel Baskerville, the Variety Club's poster child, pinned the first Gold Heart on the organization's new president, J. Cliff Eason, at a recent luncheon.

In 1994, \$2.3 million in contributions from the St. Louis Food Industry's Cash For Kids Program, with individual and corporate donors, enabled the Variety Club of St. Louis to provide wheelchairs, myoelectric limbs, braces, touch-talkers and other costly orthopedic equipment for children who have nowhere else to turn.

The donations made it possible for the Variety Club to purchase 11 Sunshine Coaches for transporting children to and from treatment centers. It also provided funding for educational and therapeutic programs at 181 children's agencies in Illinois and Missouri.

The Gold Heart promotion continues through March 15 and is being held in conjunction with the Variety Club's annual telethon, which airs March 4 and 5 on KMOV-TV (Channel 4).

Gold Heart pins may be purchased at CPI photo stores, K mart stores, Wehrenberg Theaters, Maggie Moo's Creamery in Ladue, Spicer's 5 and 10, Cardinal Ritter Institute, Catholic Charities, Catholic Community Services, Catholic Family Services, Central Family Resource Center, Lutheran Family and Children's Services, Marian Hall Agencies, Marygrove, Midtown Catholic Community Services, SLARC, St. Jane Catholic Community Services, St. Joseph's Home for Boys, St. Louis Children's Hospital, and St. Louis Society for Children and Adults with Physical Disabilities.

For more information call the Variety Club at 821-6184.

## Pet adoptions set

Madison County Humane Society is holding an Adopt-A-Pet Day from noon to 4 p.m.

Jan. 21, at PetsMart in O'Fallon. Puppies, dogs, kittens and cats are available for adoption.

The cost of adopting a dog is \$50 and includes a rabies shot, DHLPP, collar, leash, id tag and a \$15 spay/neuter deposit.

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## 2 arrested on drug charges

A Granite City man and a Madison man were both arrested on drug charges by Venice police over the weekend.

Charles Hutchinson Jr., 31, of Kirkpatrick Homes in Granite City, was arrested Friday on a charge of unlawful possession of crack cocaine. The charge stemmed from an incident which occurred Dec. 8.

In December, Hutchinson was found with eight pieces of white, rocky substance believed to be crack cocaine. Laboratory results proved the substance was cocaine.

Hutchinson is being held in the Madison County Jail on \$30,000 bond.

In an unrelated incident, Derrick A. Barefield, 17, Madison, was arrested on a charge of unlawful intent to deliver a controlled substance while within 1,000 feet of a housing project.

Barefield was found in early December with more than three grams of a white, rocky substance, believed to be crack cocaine, while within 1,000 feet of Viola Jones Homes in Venice, police said.

Laboratory results proved the substance was cocaine based. Barefield is in the Madison County Jail on \$50,000 bond.

100 years  
She's

By Hilley Schulte  
Staff writer

Daisy Pick, a form City, has seen the be in her nearly 100 years and space exploration.

Daisy now lives at she said she really h see her 100th birthda.

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Zealand to Isaac and Daisy's father was i steel mills.

In 1903, Daisy, hen sisters, Lily and H City from Australia.

Granite City as an Louis, Indiana, Chic Daisy received he

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"They were good paid good salaries."

Another resident of former student of Daisy calls another Bonnie Ernst, a me

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## 100 years of living

## She's seen a lifetime of changes

By Hiley Schulte  
Staff writer

Daisy Pick, a former resident of Granite City, has seen the beginning of many things in her nearly 100 years, including television and space exploration.

Daisy now lives at Maryville Manor, and she said she really has no secret to living to see her 100th birthday later this month.

"I don't have any secrets, I just lived. I never smoked or drank. I never

married...maybe that's the secret," she said.

Daisy was born Jan. 23, 1895, in New Zealand to Isaac and Mercy (Bell) Pick.

Daisy's father was involved in establishing steel mills.

In 1903, Daisy, her parents and her two sisters, Lily and Hetty, moved to Granite City from Australia. Before settling in Granite City as an adult, Daisy lived in St. Louis, Indiana, Ohio and Michigan.

Daisy received her bachelor's degree in home economics and her master's degrees in education from the University of Michigan.

She taught at Emerson and McKinley Schools for 12 years and Granite City High School for five.

"They were good schools to teach in. They paid good salaries," Daisy said.

Another resident of Maryville Manor is a former student of Daisy's.

Daisy calls another of her former students, Bonnie Ernst, a member of her family.

"She is like a daughter. I've known her since 1955. She was one of my pupils, and she didn't have a place to live, so I took her in and made her a member of my family," she said.

Daisy said she remembers when transportation meant horses and buggies.

She said when cars were invented, candles in globes were used as lights.

"We were just glad to have light," she said.

Another experience Daisy shared was the World's Fair in 1900 in St. Louis.

"You had to take three street cars to get to St. Louis. When you went, you had to pack your lunch and take enough food for the whole day," she said.

At Maryville Manor, Daisy enjoys many



Daisy Pick will celebrate her 100th birthday next week at Maryville Manor.

activities, including word games and the pen pal program. Her pen pal is a fourth grader at Maryville School.

Daisy likes to read, sew and watch sports.

Daisy said she played sports when she was younger, and noted that she was "pretty good" at tennis.

Daisy will turn 100 on Jan. 23.

## Rehabilitation Network dinner set

The Illinois Rehabilitation Network will be having its ninth annual "Who's Who in Rehabilitation" Recognition Dinner on March 15 at the Collinsville Holiday Inn.

President Nancy Belick of Southern Illinois University at Edwardsville will be the guest speaker and presenter.

The 1995 Community Life Award recipient is the Alton Gaming Co. Alton Belle Casino. This award is the only one its recipient knows of in advance. It is given by the Illinois Rehabilitation Network to a group, business or individual who has positively affected the community.

The Alton Belle Casino has had a major impact on the Alton area by providing jobs, recreation, community financial support and economic growth. Dan Bolen, director of human resources, and Jon Davidson, human resource administrator of the Alton Gaming Co., will be accepting the award.

The dinner is sponsored by the Illinois Department of Rehabilitation Services, Ellis and Associates Inc., Sundland and Co. Rehabilitation Services, Knights of Columbus Council 1580 of Highland, Missouri Goodwill Industries, Specialized Services and Berger Psychological Services.

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## Bill would delay restrictions on TIF districts

Legislation to delay restrictive regulations on new tax increment finance districts has been approved.

The Illinois Senate completed approval of a bill last week that would delay additional requirements for hearings and documentation in creating TIF districts.

Cities with new TIF districts voiced concern about a bill that took effect March 14 and had an immediate effective date for stricter requirements, which had been sought by taxing districts that stood to lose revenue when TIF districts form.

The measure approved Tuesday by the Senate and endorsed by the House Dec. 1 contains two changes Gov. Jim Edgar insisted on in an amendatory veto last summer.

It retains requirements that new TIFs demonstrate a lack of private investment and give

some consideration to new service demands on local taxing districts.

Edgar said he did not believe those restrictions "would unduly burden a valid TIF in such an early formative stage."

From the Alton Telegraph

Women of Achievement  
1995 Women of Achievement

Nominations  
are now being accepted.

The Suburban Journals and KMOX Radio are proud to sponsor the 1995 Women of Achievement Awards.

Women of Achievement give unselfishly of their time and energies to help communities. They work without urging, without pay and usually without recognition.

A committee of community leaders will choose ten honorees to be recognized at the Women of Achievement luncheon this spring. Nominations should include the nominee's full name, address and phone number; information on her achievements; support letters from the organizations she serves, if possible; and your name, address and telephone number.

Nominations Close  
Monday, January 30, 1995

Send your nomination to:  
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Women of Achievement Committee  
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St. Louis, Mo 63141

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# LOCAL NEWS

## Food, cash, toys collected

### Library amnesty yields bonus

The library staff at the Granite City Campus of Belleville Area College held an amnesty week in hopes that students would return long-overdue books. As it turned out, students returned their books and gave a little something extra.

The library ended up with donations of food, cash and toys. During amnesty week, the library waived overdue book fines if students returned their books, and the library asked patrons to donate an item of nonperishable food to the campus food drive.

The library got many of its books back and collected 326 pounds of food, a turkey and \$128 in cash from needy families, said GGC librarian Jan Zuke.

"The donations exceeded our wildest dreams," Zuke said. "We are so glad that we can offer so much to these families."

The food and money were divided among three students whose families could use the assistance during the holiday season. The GGC Special Services Center located the three individuals. The center works with other college departments and local service agencies to assist students with special needs in adjusting to college life.

The food drive was started by GGC library student worker Linda Barnes in conjunction with Diane Copeland, student activities coordinator, and the Special Services Center, as a way to help needy families during the holidays. Donation boxes were set up in the library so that students returning books could drop off food donations as well.

Boxes were set up in other spots on the campus, such as computer labs, the book store and the Industrial Training Center.

Amnesty week was extended to two weeks and the food drive lasted three weeks. Before the food drive was over, local butcher shop owner John Ciomko of Ciomko's in Granite City added a turkey to the collection plate.

When students involved in the food drive learned that the three families receiving the donations had six children among them, the students also gathered toys to give as Christmas gifts.

"We are so pleased and excited that so many people came forward to help," Zuke said. "This was such a success that we are already making plans for another food drive in the spring."

For more information, call Jan Zuke at the Granite City Library, 531-0600, or toll-free in Illinois at 1 (800) BAC-5131, extension 441 or 442.



(Photo by KEN AUBUCHON)

**Marching** — The grand opening of the fourth annual Year Round Volksmarch took place Jan. 7 at Cahokia Mounds. Trekking down a snow-covered path are, from left, Doug Leith of Granite City, Mary Pallock of New Baden, Dan Bainter of Belleville, Tom Hudson of University City and Jackie Bainter of Belleville.

## •Songwriter

(Continued from Page 1A)

Distributors & Manufacturers) for his debut release on Sanity Check Music Records, "Where the Sun Don't Shine." He was nominated in the singer-songwriter category.

"I'm very excited about the nomination, and the category I was nominated for," said Dowell.

He said artists who have received the award include Frank Zappa and the Smashing Pumpkins.

"Winning the award gets you noticed, nationally," he added.

Dowell said three groups from his record label were also nominated for the award, but he has no idea about a total number of groups he's up against.

The award will be announced at a ceremony in San Francisco in May, but Dowell has not decided whether he will attend.

Dowell describes his music as "acoustic pop rock." He finished recording his first full-length album, "Where the Sun Don't Shine," in June of 1994, and it was released in September.

"Black east it sells really well. I'm sold out of CDs. I'm trying to get some promotion of it in the Midwest. I'd like to sell some more cassettes before it goes back to pressing," he said.

On the East Coast, Dowell and his album have received quite a bit of attention from radio stations, magazine readers' polls and basically the general public.

"Music Monthly," in Baltimore said Dowell's music, "works for everyone that hears it."

His new album includes songs like "Love Ain't Kind," "Bringin' the House Down in Heaven," and an acoustic remake of his "Livin' in the Good Life," which topped singles charts on the East coast.

Dowell's latest project is the contribution of a tribute album to Billy Lee Riley. Riley is known for writing and performing with Elvis Presley.

"They asked me to write a song, but I don't really know much about him. So, that's kind of how I approached it," said Dowell.

Dowell will fly to Hampton, Va., this month to record the song. The album will be released in March and distributed internationally by BSC Records.

Dowell, who turned 24 on Jan. 10, is a native of northern Virginia. He said growing pains led him to begin playing the guitar when he was 13 years old.

"I hated everything, school, my parents' everything. So, I started listening to rock 'n roll and playing the guitar," he said.

Dowell said over the years he's been in several electric bands, but he is really comfortable playing acoustically.

Since Dowell has been in the Granite City area, he has been working odd jobs and beginning the process of getting himself promoted in the area.

"It's hard to try a real job when your heart's not really into it. I haven't gotten into the live scene yet, but when I do, things will change," he said.

Dowell said he's been performing a few "open mikes" to introduce himself to local club owners, but so far, he hasn't been able to book anything because he didn't know when he would have to go to Virginia to record the song for the Riley album.

However, he's looking to February to get things shaking.

"It's easy, but it's not. Coming to town with a big press kit and awards looks good to some people, but with others I have to prove my reputation, even though I've done it in other places. Club owners always vary," he said.

Dowell has a 24-hour hotline announcing performances and other information at (314) 995-9258.

For bookings, call (618) 451-1156.

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## Senior menus

Donations for noon \$1.75. Call day ahead 877-4373.

**Wednesday, Jan. 18**  
Ham and beans, corn bread, apricots.

**Thursday, Jan. 19**  
Salisbury steak, creamed corn, buttered cabbage, bread, peach cobbler.

**Friday, Jan. 20**  
Jumbo frank, creamed corn, baked beans, bun, onion rings.

**Monday, Jan. 23**  
Beef ravioli in tomato sauce, salad, Italian bread, vanilla ice cream.

**Tuesday, Jan. 24**  
Sausage patty with brown potatoes, spinach, apple sauce.

## New law lib ceremony is

There will be a gavel and ribbon-cutting ceremony at the Madison County Courthouse at 11 a.m. Jan. 19 in the Madison County Courthouse. Nelson Hagnau, County Board chairman, Groshen, Madison Association president, Edward Ferguson, will participate in the ceremony.

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## Senior menus

Donations for noon meals are \$1.75. Call day ahead for reservation, 877-4373.

**Wednesday, Jan. 18**  
Ham and beans, cole slaw, corn bread, apricots.

**Thursday, Jan. 19**  
Salisbury steak, whipped potatoes, buttered cabbage, wheat bread, peach cobbler.

**Friday, Jan. 20**  
Jumbo frank, creamy cole slaw, baked beans, bun, orange sherbet.

**Monday, Jan. 23**  
Beef ravioli in tomato sauce, tossed salad, Italian vegetables, wheat bread, vanilla ice cream.

**Tuesday, Jan. 24**  
Sausage patty with gravy, hash brown potatoes, spinach, biscuits, apple sauce.

## New law library ceremony is today

There will be a grand opening and ribbon-cutting ceremony for the Madison County Law Library at 11 a.m. Jan. 18 in Room 24 at the Madison County Courthouse. Nelson Hagnauer, Madison County Board chairman; Donald Groshong, Madison County Bar Association president; and Edward Ferguson, chief judge, will participate in the ceremony.

## Experts advise avoiding 'yo-yo' syndrome

# Moderation, exercise key to weight loss

Are your pants feeling a little extra snug around the belly today? If so, you're not alone.

Holiday celebrating usually means January dieting, but most Americans find pounds they shed come creeping back. The solution is not changing your lifestyle but being vigilant about your weight on a daily basis, experts say.

According to the Institute of Medicine, Americans spend more than \$3 billion a year to lose weight. The successful ones average losses of 10 percent of their body weight.

Unfortunately, most people regain two-thirds of the loss within one year, and almost all of it back within five years, institute statistics show.

"The key to keeping weight off is a full-time commitment throughout the year, not just in January and February," said Charlie Meyer, associate executive at the YMCA of Edwardsville.

"People have to maintain a proper diet, proper nutritional levels and engage in moderate exercise two or three times a week."

"It can be anything that elevates the heart level for 20 to 30 minutes."

"What it boils down to is to find something they are comfortable with for two to three times a week for the rest of their lives."

People who have been inactive for a

'People have to maintain a proper diet, proper nutritional levels and engage in moderate exercise two or three times a week. It can be anything that elevates the heart level for 20 to 30 minutes.'

— Charlie Meyer  
YMCA official

couple years should visit their physician before embarking on an exercise program in case they have developed health problems, he said.

Meyer also suggested people vary types of exercise to keep from getting mentally and physically bored, as well as to work muscles differently.

Moderation, not starvation, is the best route to losing weight and keeping it off, thereby avoiding the "yo-yo syndrome," two area weight loss experts said.

People who use drastic means, such as liquid diets, to drop pounds in January

will gain it back once they eat solid food, and may even gain more weight if they believe they were deprived and it's time for food rewards.

"The key thing is not dieting, but finding a way of eating that you can live with but is a change from what you are accustomed. It doesn't happen overnight," said Beth Pirtle, vice president and general manager of Weight Watchers of Greater Missouri and Southern Illinois in St. Louis.

Lana Pollock, a Belleville hypnotherapist who specializes in weight loss therapy, said: "All things must be in moderation with an emphasis on nutrition."

"Strict dieters find themselves in a cycle of denial and reward. Once they start eating again, the extra pounds return."

Pollock said hypnotizing clients helps eliminate subconscious mental "programs" that motivate people to eat when they really aren't hungry. Once "in a deep physical and mental relaxation" state, she suggests they make changes that result in losing weight and keeping it off.

The "bad programming" begins in infancy, equating food with love, she said. For example, some people automatically equate overeating with holiday get-togethers or as a means of rewarding

themselves and "to satisfy emotional needs," Pollock said.

Two sessions usually are adequate for eliminating old eating urges, she said, and clients can buy her cassette tape to strengthen the message.

Pollock also gives patients tips to "eat to live" instead of "living to eat," including advising people who know they are going out to dinner or to a party to eat lightly the day before and after.

"Tomorrow will balance out," she said. "Work at keeping the weight off. We are always going to have the holidays (so) don't ever let yourself get more than three or four pounds over what you want to be."

"Pork should be your last choice of food; eat beef in moderation and have 'veggie' night one night per week. When you do go out to eat, don't stuff yourself until you're miserable."

"You can always get more food later," Pollock said. "If you order too much, take it home for lunch the next day. Never get seconds unless it's vegetables. If you know a restaurant has good desserts, order differently up front. I save my fat grams for things that are really good."

"Small portions can satisfy."  
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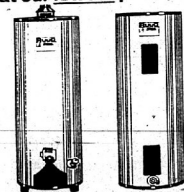
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# LOCAL NEWS

## Obituaries

In Jefferson Barracks National Cemetery, St. Louis County.

**Lorraine Yurko**  
Lorraine M. Yurko, 68, of Lebanon, formerly of Granite City, died at 2:34 a.m. Friday, Jan. 13, 1995, at St. Elizabeth's Hospital, Belleville. She was born July 13, 1926, in Granite City.

Survivors include several cousins. She was preceded in death by her parents, Steve and Anna (Kacer) Yurko. Miss Yurko's remains were cremated. Arrangements were by Irwin Chapel, Granite City.



### Clarence Hand

Clarence L. Hand, 66, of Madison, died at 2:31 p.m. Sunday, Jan. 15, 1995, at St. Elizabeth Medical Center. He was born Nov. 2, 1928, in Potomac, Md., and had been a resident of Madison for 42 years.

A switchman with Terminal Railroad Association for 17 years and an equipment operator with Midam Landfill for eight years, he was an Air Force veteran and of the Protestant faith.

Survivors include one son, Curtis Hand of Delta Junction, Alaska; three daughters, Yelma Williams and Juana Hand, both of Granite City, and Sharon Williams of Grand Island, Neb.; one brother, Curtis D. Hand of Dixon, Mo.; his fiancée, Louise Mangi of Madison; 15 grandchildren; and five great-grandchildren.

He was preceded in death by his sons, Waldo and Edwin Hand; and his parents, Walter and Sarah (Wilson) Hand. Services are at 1 p.m. today, Wednesday, at Mercer Mortuary, 1416 N. Third St., in Granite City. Burial will be in Jefferson Barracks National Cemetery, St. Louis County.

**Lorraine Herren**  
Lorraine Cecelia (Phillips) Herren, 85, of Granite City, died at 12:50 p.m. Sunday, Jan. 15, 1995, at St. Elizabeth Medical Center after a four-year illness. She was born July 29, 1909, in Farapoult, Ark. Employed with Olin Brass in East Alton for many years, she worked at the

Small Arms Plant in St. Louis during World War II. In 1927, she became the first "Miss Paragould."

Survivors include one son, Thomas J. Herren of Aurora; one daughter, Joan Knight of Granite City; six grandchildren; and 10 great-grandchildren.

She was preceded in death by her husband, Thomas A. Herren, who died July 22, 1964, her parents, Jim and Bertha (Cantrell) Phillips; one brother, Paul Phillips; and one sister, Geraldine Bates.

Services are at 10 a.m. today, Wednesday, at Irwin Chapel, 3900 Maryville Road, Granite City, with the Rev. Fred Boatright officiating. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

Memorials are requested for the Calvary Baptist Church Building Fund in Granite City.

**Nillie Nolen**  
Nillie V. (Whelan) Nolen, 97, of Granite City, died at 5:30 p.m. Monday, Jan. 16, 1995, at her residence after a two-year illness.

Mrs. Nolen was born Aug. 4, 1897, in Madisonville, Ky., and had been a lifelong resident of the Granite City-Venice area.

A homemaker, she was of the Methodist faith.

Survivors include one son, Harvey Nolen of Belleville; two daughters, Dorothy Barnes of Granite City and Nadine LeGrand of Poplar Bluff, Mo.; one sister, Luetta Griffin of Moro; 22 grandchildren; 57 great-grandchildren; and 35 great-great-grandchildren.

She was preceded in death by her husband, Lundy C. Nolen, whom she married Nov. 15, 1915, in St. Louis, and died in March 1963; two sons, J.W. and Jimmie R. Nolen; two daughters, Betty Nolen and Cleopatra Byrd; her parents, William and Florence (Proctor) Wheeler; three brothers, and six sisters.

Visitation is from 4 to 8 p.m. today, Wednesday, at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City, where services are at 11 a.m. Thursday. Burial will be in Sunset Hill Memorial Estates, Glen Carbon.

Estates, Glen Carbon.

Memorials are requested for Second Baptist Church, 2100 Illinois Ave., Granite City.

**Bertha English**  
Bertha Arlene (Trueblood) English, 69, of Granite City, died at 12:41 p.m. Monday, Jan. 16, 1995, at Alton Memorial Hospital, Alton, after a six-month illness. She was born June 17, 1925, in Charleston, Ill., and had been a resident of Granite City for several years.

A trimmer with GFI Photo Finishing for 20 years prior to her retirement, she was a member of the American Legion 113 in Granite City and of the Protestant faith.

Survivors include one daughter, Olivia Wilson of Granite City; her father, Raymond Trueblood; one sister, Tony Tyson of Michigan; eight grandchildren; and nine great-grandchildren.

She was preceded in death by her husband, James Leroy English Sr., who died in 1970; two sons, James Leroy English Jr., who died in 1980, and Raymond Eugene English, who died in 1970; and her mother, Dessie (Warman) Trueblood.

Services are at 10 a.m. today, Wednesday, at Warner Chapel for Funerals, 3639 Lake Drive, Pontoon Beach, with the Rev. Ed Sherrill officiating. Burial will be in St. John Cemetery, Granite City. Memorials are to be used according to the wishes of the family.

**John Harvey**  
John W. Harvey, 65, of Granite City, died at 12:45 a.m. Monday, Jan. 16, 1995, at Anna Henry Health Care Center, Edwardsville, after a four-year illness. He was born Aug. 25, 1929, in Granite City.

An accountant with Leidos Steel for 15 years, he was an Army aviator and of the Protestant faith.

Survivors include one sister, Shirley Horn of Granite City; his friends, Mar-

### Evelyn McElvain

Evelyn May (Sanders) McElvain, 64, of Granite City, died at 11:27 a.m. Saturday, Jan. 14, 1995, at St. Elizabeth Medical Center. She was born Sept. 11, 1930, in Granite City, where she had been a lifelong resident.

Survivors include one son, Robert McElvain of Granite City; one daughter, Alice Young of Arizona; one brother, Charles Sanders of Greenview; two sisters, Ruth Poole and Henrietta Graham, both of Palm Desert, Calif.; her longtime companion, Oscar Wagner; and eight grandchildren.

She was preceded in death by two sons, Samuel Unge and Thomas Harrison; her parents, Jesse and Mary Sanders; and one brother, Ralph Sanders.

A private memorial service was held Monday at West 22nd Street Baptist Church, Granite City.

**John Harvey**  
John W. Harvey, 65, of Granite City, died at 12:45 a.m. Monday, Jan. 16, 1995, at Anna Henry Health Care Center, Edwardsville, after a four-year illness. He was born Aug. 25, 1929, in Granite City.

An accountant with Leidos Steel for 15 years, he was an Army aviator and of the Protestant faith.

Survivors include one sister, Shirley Horn of Granite City; his friends, Mar-

shall and Karen Hays of Granite City and Lillian Boner of Edwardsville; and several nephews.

He was preceded in death by his parents, Allen L. and Ruby May Harvey.

"After serving a 90-day term, Wednesday, at Thomas Memorial Mortuary, 2205 Pontoon Road, Granite City. Burial will be in Jefferson Barracks National Cemetery, St. Louis County.

**Filing**  
(Continued from Page 1A)

Ward. Nobody filed petitions early Tuesday for the seats currently occupied by Norris Horton and Harvey Haynes.

In Venice, two incumbents and a newcomer filed for aldermanic seats. Five are to be elected.

Those filing Tuesday morning were incumbent Harold Wilson in the 3rd Ward; incumbent George Wade in the 2nd Ward; and Celestine Williams in the 1st Ward.

Incumbent 4th Ward Alderman Victor Valentine has picked up petitions, but had not filed them by early Tuesday.

In Missouri, Illinois, Indiana and Kansas.

Schnuck said the savings the company gains by operating as a large retailer will ultimately benefit customers.

"We will be able to lower our overall cost of operations and pass on those savings to our customers," he said.

"While our acquisition of National is aimed at strengthening our competitiveness, market pressure keeps the price competition stiff among all food and drug retailers," Schnuck said, including membership club stores and discount chain stores.

Beyond St. Louis, the county Schnucks operates markets in St. Charles, Arnold, Rolla, Hannibal, Cape Girardeau and Columbia, Mo., with additional stores in St. Clair and Madison counties, Springfield, Litchfield, Carbondale, Champaign-Urbana and Bloomington, Ill.

### Motel

(Continued from Page 1A)

room of origin in the two-story, 40-unit motel. Firefighters remained on the scene for about an hour and a half. All occupied rooms in the motel were evacuated before firefighters arrived, according to Fire Capt. Ray Romine.

**Ballot**  
(Continued from Page 1A)

aldermanic candidates incumbent Bob Page, of the 2900 block of Dogwood Drive, and challenger Dale Barnhart Sr., of the 2600 block of Lincoln Avenue; 2nd Ward candidate and former alderman Virgil Kambarian Jr., of the 2600 block of Cleveland Boulevard; 4th Ward incumbent alderman Dan Partney, of the 2200 block of Dewey Avenue; incumbent 6th Ward Alderman Mac Warfield, of Devon Hill Lane, who is seeking a four-year term; Charley Cross, of the 3200 block of Newell Drive, a candidate for a two-year unexpired term in the 5th Ward; and incumbent 7th Ward Alderman Sandy Crites of Mercer Drive.

Kambarian, Partney, Warfield, Cross and Crites are to serve themselves of top placement on the ballot.

Drawings will determine placement of the names of Page and Barnhart in the 1st Ward race and Lakin and Romine for the street superintendent post.

Others filing petitions Monday, but after the 9 a.m. opening of filing, were Edward Hogan, of

the 2100 block of State Street, who would appear first on the ballot in the 5th Ward aldermanic race; and incumbent Lorton Pulley, of the 2200 block of Nevada Avenue, whose name will appear just below Hogan's.

James Bailey Sr., of the 1700 block of Olive Street, was present at 9 a.m. but did not file his petitions at that time.

The 3rd Ward aldermanic race, for which two incumbents are expected to file, was wide open Monday afternoon. Although incumbents Bob Shipley, of the 2400 block of Hodges Avenue, and Juanita Crawley, of the 2200 block of Monroe Street, were both present when the doors opened at 9 a.m., neither filed petitions at that time. Others in the 3rd Ward who have taken out petitions but had not filed them by that time were James Bailey Sr., of the 2600 block of Jerden Avenue, and Marge Perdue, of the 1400 block of 21st Street.

Others who have taken out petitions but had not yet filed Monday afternoon are: Ward 1 — Joe Waggoner, of the 2600 block of Marshall Avenue, who has said he will not seek office.

Ward 2 — firefighter Danny Greene of the 2600 block of State Street; Sam Rongey, of the 2600 block of State Street; and Furian Jancusky, of the 2900 block of Iowa Street.

Ward 4 — current Park Board President Nancy Sanders, of the 3100 block of Yale Drive; former 7th Ward Alderman Emerald Daves, of the 1600 block of Moro Avenue; and Lake Elementary School Principal Alan Corder, of the 3100 block of Aubrey Avenue.

Ward 6, four-year — Wayne Scannell, of Villa Drive; and Domingo Valencia, of Frontenac Lane.

Ward 6, two-year — incumbent Walter Milton, of the 3200 block of Wabash Avenue; Wanda Nordstrom, of the 3100 block of Mockingbird Lane; James E. Wells, of the 3100 block of Wilcox Lane; and Lake Elementary School Principal Alan Corder, of the 3100 block of Aubrey Avenue.

Ward 7 — Bob C. Anderson, of the 2100 block of Waterman Avenue; Gail W. Buegner, of the 2200 block of Richmond Avenue; and Robert Cook, of the 2600 block of Donald Cook.

Incumbent 2nd Ward Alderman Jim Miller said he will not seek a third term.

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U.S. Rep. Dick Durbin will serve culture and Rural two Democratic post. After serving past two years, I \$67 billion annual "1995 promises lunch and senior and Drug Administr "The Transport assignment for our highway needs ar continue to battle even as we reduce

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## Reforms proposed to cut child abuse

assessment of all mothers of children who become involved with the juvenile court system or fall under DCFS supervision. Allowing records to be kept of unfounded child abuse or neglect reports to facilitate more complete subsequent investigations.

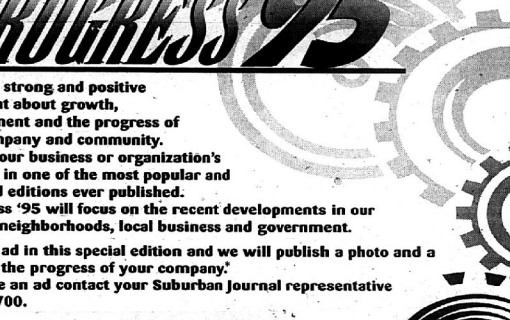
Expanding special training for teachers on recognizing and reporting suspected child abuse or neglect.

Expanding the role of multi disciplinary teams to review child protective service decisions, a step that has already

— *From the Alton Telegraph*

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NEWS

# 3 priests, deacon are ousted from diocese

By Bonita Tillman  
Staff writer

Three priests and a deacon being investigated by a Belleville Catholic Diocese Board Review for sexual misconduct were ousted from the diocese Friday.

Bishop Wilton Gregory relieved Deacon Francis Theis and the Revs. David G. Crook, Eugene C. Linnemann and Walter MacPherson from their duties after a recommendation by the board.

The Rev. Raymond Kowacki also was placed on administrative leave from the diocese because of similar allegations that occurred more than 10 years ago.

He is the 11th priest removed by the diocese since allegations began pouring in two years ago.

Theis, Linnemann and Crook were placed on administrative leave in July 1993 after the first stage of the investigation involving sexual misconduct.

Theis, who was gift shop manager at the Shrine of Our Lady of the Snows and had worked there 25 years, is no longer employed by the diocese and cannot function as a deacon.

Crook, who was pastor of St. George Church in New Baden, has

left the diocese and is "training for new employment," Gregory said. Linnemann of St. Patrick Church in Ruma is "reviewing his options for the future" and 70-year-old MacPherson of St. Martin of Tours Parish in Washington Park has asked to retire and will be allowed that status.

## Senior Citizen Prom March 18

The Senior Citizen Prom, sponsored by the Granite City High School student council, will be held from 7-10 p.m. Saturday, March 18, in the high school gymnasium. Doors will open at 6 p.m. Six hundred tickets have been printed for the event.

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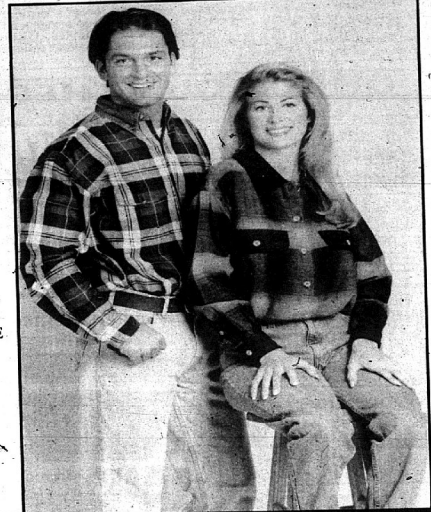
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# Sports shorts

## Park District sign-ups

The Granite City Park District is taking boys and girls sign-ups for youth baseball and ponytail softball.

Names will be placed on a list, which will be used to form teams. Managers who need players will use the list to fill out their rosters. Boys or girls who will be 18 years old and younger may also have their names put on a list and every effort will be made to place them on a team.

Anyone interested in managing a youth baseball or softball team is encouraged to contact the park district. For more information, call Ray Hoffman at the Wilson Park office, 877-3059.

## Softball meeting

The Granite City Park District's women's and coed softball organizational meeting for 1995 will be held 7 p.m. Jan. 24 at the Harold Brown Recreation Center, Franklin and Ames Avenues.

The meeting is for managers of teams from last year's program and for anyone interested in managing this year.

For more information, call 877-3059.

## Knouy sign-ups

The Pontoon Beach Knouy League will hold sign-ups for the 1995 baseball and softball season from 6-8 p.m. each Tuesday and Thursday through January.

Sign-ups will be held at Griggs Junior High School. Registration requires an original and copy of child's birth certificate. The fees are \$30 for baseball, \$20-\$35 for softball, \$20 for T-Ball and \$20 for coach pitch.

For more information, call Kathy at 797-6738.

## Free-throw contest

A local competition for the 1995 Knights of Columbus International Free-Throw Championship will be held Saturday, Jan. 21, at the Knights of Columbus Hall, 2225 Old Alton Road.

All boys and girls ages 10-14 are eligible to enter the contest, which is sponsored annually by the Knights of Columbus with winners progressing through their respective age groups in local, district and state level

competition.

Registration for the contest will begin at 11:30 a.m., with competition scheduled to begin at noon. Participants will be required to furnish proof of age and written parental consent. For entry forms or more information, call Bob Palus at 451-8988.

## Golf tourney

The fifth annual St. Valentine's Day Massacre golf tournament will be held Sunday, Feb. 12, at Spencer T. Olin Community Golf Course.

The three-player scramble will begin with a shotgun start at 10 a.m. The cost is \$150 per team and includes guest fee, cart fee, a "Round on the House" certificate and prizes valued at \$3,000.

The field will be limited to the first 38 paid teams. For entry forms or more information, call 465-3111 or (314) 355-8128.

## SUUE baseball clinics

Southern Illinois University-Edwardsville will hold its Pitchers and Catchers Developmental Clinic on Saturday, Feb. 18, at the Vadalabene Center.

SUUE will also conduct three developmental hitting clinics: 6:30-9 p.m. Feb. 22; 6:30-9 p.m. Feb. 25; and 1-3:30 p.m. Feb. 26.

The pitchers and catchers clinic, for players ages 13-19, will be held 9:30 a.m.-3 p.m. Feb. 18.

The clinic will consist of individualized instruction in all phases of pitching and catching.

The pitchers clinic will feature Granite City native Kirk Champion, a pitching coach for the Birmingham Barons — the Chicago White Sox Class AA affiliate and the same team that featured major league hopeful Michael Jordan last season. The catchers clinic will feature Champion's brother, Keith, a scout in the Chicago Cubs organization and a former minor-league catcher.

The clinic will be limited to 75 pitchers and 30 catchers. The cost is \$50 and includes a summer baseball camp discount and lunch.

The hitting clinic, for players ages 12-19, consists of three separate sessions and is limited to 48 hitters per session. The cost is \$25.

For more information, call SUUE baseball coach Gary Collins at 692-2871.

## SUUE softball clinics

The Southern Illinois University-Edwardsville women's softball team will conduct a one-day clinic for hitters 6:30-9:30 p.m. Friday Feb. 3, and a one-day clinic for pitchers 6:30-9:30 p.m. Friday Feb. 17, at the Vadalabene Center.

The fee for both clinics, open to anyone in grades 8-12, is \$15.

SUUE coach Sandy Montgomery will cover the basic fast-pitch mechanics to correct control problems. She will also provide instruction on how to throw, raise, drop and change-up pitches.

The hitting clinic will cover basic hitting mechanics, including bunt, drag bunt and slap hitting.

For more information, call 692-2871.

## All-American Game

Tickets are now available for the McDonald's All-American High School Basketball Game scheduled for next year in St. Louis. The game, annually the premier prep basketball all-star event, is Sunday, April 2, at Kiel Center.

Fans can purchase tickets at the Kiel Center box office, all Tickets Now outlets or by calling Dialtix at (314) 291-7600. Tickets cost \$5, \$10, \$15 and \$25. There are also a limited number of premium seats at \$100 each.

Group discounts are available. All proceeds from the game will benefit Ronald McDonald Children's Charities of St. Louis and Metro East.

Michael Jordan, Patrick Ewing, LaPhonso Ellis, Glenn Robinson and Steve Stipanovich are a few of the many NBA players who participated in the McDonald's game.

The game will be played in St. Louis for the first time in its 18-year history.

Track-volleyball clinics

An all-star cast of track and volleyball coaches will speak in St. Louis on Jan. 20-21 at the Airport Marriott Hotel. The clinics will begin at 5:30 p.m. Jan. 20 and conclude at 12:15 p.m. Jan. 22.

Track speakers include five-time Olympian Willie Davenport, Indiana State women's coach John Gartland, Indiana coaches Marshall Goss and James Lott and motivational speaker Herb Gross.

Volleyball speakers include Belleville West coach Charles Rodman, former Rutgers coach Bob Bertucci, Washington University coach Teri Clemens and Indiana coach Katie Weismiller.

The registration fee is \$65 if paid in advance or \$75 if paid at the door. For more information, call 1-800-COACH-13.

## Women's scholarships

Ocean Spray has announced the availability of \$13,000 in grants, awards and scholarships for high schools and outstanding women athletes.

The awards are available through WAVE (Women Athletes)

Voices of Encouragement), a program created by Ocean Spray Cranberries, Inc.

Call (800) 662-3623 for applications. The deadline is April 1.

## Youth baseball tryouts

Tryouts will be conducted for the St. Louis International Youth Baseball Association for teams to represent the USA at the 1995 Boys International Baseball Association Championship, to be held Aug. 5-13 in the Caribbean.

Age groups for teams are 9-10, 11-12 and 13-14. For more information, call Ron at (314) 279-8158 or Bob at (314) 944-8262.

## Baseball clinic

An appearance by former St. Louis Cardinals pitcher Bob Forsch will highlight a baseball clinic for coaches and players to be held from noon to 5 p.m. on Sunday, Jan. 22 at the Harley Hotel in St. Louis.

Other speakers include college coaches Tim Jamieson (Missouri), Ric Lessmann (Washington University), Bob Hughes (St. Louis U.), Keith Guttin (Southwest Missouri) and Neil Flala (Belleville Area College), plus Chicago White Sox scout Jerry Daniels.

The registration cost (before Jan. 14) is \$25 for students, \$30 for adults and \$40 for a father-son combination. Call (314) 731-4487 for more information.

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TIER I GOLD DIVISION					
Team	W-L-T	Pts	GF	GA	
Parish South	11-1-1	26	32		
Webster Groves	9-5-2	20	71	40	
Parish North	7-5-2	18	58	53	
Parish Central	7-6-0	14	48	91	
Parish West	5-8-1	11	35	46	
Grifwood	4-10-0	8	30	54	
Ladue	3-13-0	6	38	89	
Calayotte	0-12-2	2	17	72	

SILVER DIVISION					
Team	W-L-T	Pts	GF	GA	
Vianney	15-0-0	30	98	15	
SLUH	11-2-2	24	32		
DeMat	9-6-0	18	63	43	
MCDS	7-5-3	17	56	56	
Chaminade	6-7-2	14	48	56	
CBC	6-7-2	14	45	38	
Fox	4-8-3	11	30	54	
Oakville	4-8-2	10	33	64	

TIER II GOLD DIVISION					
Team	W-L-T	Pts	GF	GA	
Hazelwood Central	11-1-1	23	77	25	
Granite City	11-2-1	23	81	34	
Howell North	8-4-2	18	56	38	
Francis Howell	7-2-4	16	49	39	
Pattonville	4-8-2	10	53	61	
Hazelwood West	4-11-1	9	63	116	
Hazelwood East	4-11-1	9	34	73	
McCluer North	2-12-1	5	45	120	
McCluer	0-14-0	0	34	120	

SILVER DIVISION					
Team	W-L-T	Pts	GF	GA	
Mehlville	14-1-0	28	103	29	
Eureka	12-3-1	25	120	40	
John Burroughs	10-3-3	23	78	52	
St. Mary's	9-5-1	19	92	54	
Marquette	7-6-2	19	85	59	
Ladue	6-7-2	14	58	49	
Clayton	3-10-3	9	41	70	
Whitfield	1-13-1	3	35	123	

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(Continued from)

Granite City won matches against in the final round title for the Caravay.

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Granite City won and placed second at swept three improved to 24-0 defeating Pleasant

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## Warriors

(Continued from Page 1B)

Granite City won just one of four matches against Mount Carmel in the final round, clinching the title for the Caravan.

"It was a good day, but not a very good last round," Garland said. "All in all I think our hand control was better and we wrestled better on our feet."

What pleased Garland most was to see his team fare competitively against the 12-team field which included the two top-ranked squads from Iowa, Pleasant Valley and West Des Moines. Dowling Pleasant Valley placed third as a team with 151 points and Dowling finished fifth with 127½. Host Geneseo placed fourth with 131 points.

Most importantly, the Warriors gained a better understanding of the level of competition they will face if they make a return trip to the Class AA dual team state tournament next month. Granite City advanced to the quarterfinals last season and is expected to return along with Mount Carmel, which will be gunning for a fourth straight state title.

"They know who we are now," Garland said. "We probably let them know we're around. But what they're going to do is go back to practice and turn it up a couple notches, and what we have to do is go back and turn it up about five notches."

"If we don't do anything at state, (Saturday) doesn't mean anything. But it's good to have the notoriety going into February."

Granite City was led by Slay and five other finalists who placed second at Geneseo. Slay swept three matches and improved to 24-0 on the season, defeating Pleasant Valley's Brad

Miller 11-8 for the title.

Granite City's second-place finishers were 130-pounder Bob Chaulsett, 140-pounder Brian Schooley, 152-pounder John Venne, 189-pounder John Selliers and heavyweight Chris Janek.

"I was proud of my kids," Garland said. "There were no easy matches. All the teams were solid. You had to fight for every point you got."

Janek closed out the tournament with one of the Warriors' strongest efforts of the day, a 4-2 loss to Trent Hynek of Cedar Rapids. Hynek came into the match with a 16-0 record, and every victory came by fall.

"Nobody had even gone the distance with the kid before," Garland said. "Janek wrestled very well."

Four other title matches featured the Warriors. At 103, Bob Chaulsett made his return from a three-week layoff by advancing to the finals before falling 7-0 to Mount Carmel's Ryan DeLira. Chaulsett had been out of town and wrestled for the first time since last month's Granite City Holiday Tournament.

At 140, Brian Schooley met another Mount Carmel wrestler, Joe Opiola, and dropped a 5-2 decision. Venne, at 152, took on Mount Carmel's Pat Sheehan and lost 10-4. At 189, Selliers lost 12-1 to Mike Dargy of Dowling.

The only Warrior to defeat a member of the Caravan in the final round was Joe Scott, who placed third by defeating Mount Carmel's Mike Bertoni 4-0. Scott

won four straight matches after suffering a 7-1 loss to Mike Uremovich of Tionex Valley New Lenox in the first round.

"He had a real good tournament," Garland said. Two other Warriors, 112-pounder Tim Fulkerson and 171-pounder Tony Buchek, placed third. Fulkerson knocked off Eric Hogenson of Pleasant Valley 7-2, and Buchek downed Creighton Duncan of Pleasant Valley 11-5 for third.

At 145, Jeff Estrada lost his third-place match to Dowling's Steve Blackford, 15-5. Two Warriors advanced to fifth-place matches, with 125-pounder Mark Mendenhall taking sixth after falling 3-1 to Mount Carmel's Malik Elliott in overtime and 135-pounder Kevin Feigenbutz placing fifth.

Feigenbutz tied Mike Littrel of Pleasant Valley because of a tournament rule limiting wrestling to five matches on the day. The fifth-place bout would have been the sixth of the day for both Feigenbutz and Littrel.

The only weight class in which the Warriors did not place was 119, where Mike Glover dropped his only two matches.

The second-place finish marked the first time this season that GCHS did not win a tournament or a dual. The Warriors had been perfect through 14 duals and two tournaments.

But Saturday's meet was a chance for the Warriors to get a preview of the northern competition they could see next month in Normal during the dual team state tournament at Illinois State University.

"That's why we go up there," Garland said. "Probably the biggest difference between other tournaments is the intensity level."

"The kids realize they're not supermen. When we match up with them again at the state tournament, we'll know what to expect."

Garland had expressed concern with his team prior to the tournament despite its record and area dominance. Granite City has been ranked first in the St. Louis region through much of

the season but had gone largely untested before Saturday.

"I was just concerned with our mental toughness," Garland said. "I think we developed some mental toughness during the tournament."

"But it's to a point now where we have to go out and beat the tough kids."

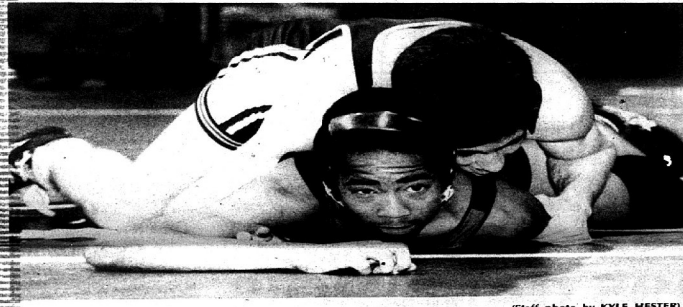
Granite City's dual schedule resumes Thursday with a make-

up meet at Belleville East. The Warriors will then take on three teams, Wentzville, Hazelwood Central and Roxana, on Friday at the Hazelwood Central Quad.

The Warriors have won the tournament the past three years. GCHS will complete a busy week Saturday when it travels to Jerseyville for duals against Collinsville, Triad and the host Panthers.

T.J. Slay

Chris Janek



(Staff photo by KYLE HESTER)

GCHS 125-pounder Mike Glover (bottom) battles Wood River's Carl Davis last week. Glover won the match 10-9.

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## Bethesda Baptist pastor is honored

Rev. Luther Abbott, pastor of Bethesda Baptist Church, 3055 N. Meade Road in Granite City, was honored with a plaque on Nov. 2 during the Ministers' Conference in Alton.

Rev. Abbott received the plaque for being voted bi-vocational pastor of the year for 1994 in the state of Illinois, according to the Illinois Baptist State Association. The plaque was presented by Rev. Jim Queen, president of the State Directors of Missions Fellowship.

Rev. Abbott pastored the local church for 19 years. It is also his first pastorate, which is the unique part about it. He is also a supervisor at Gaylord Box in St. Louis, where he has worked for nearly 30 years.

He and his wife, Ann, have been married for 35 years. Rev. Abbott jokingly commented, "I believe in longevity. 19 years at the church, 35 years at the box factory and 35 years with the same wife." The Abbotts have one daughter, Karen DeBruin of St. Louis, and two grandsons.

The members of Bethesda honored Rev. Abbott on Nov. 13 during the morning service and a time of "remembering." The program concluded with the pastor being showered with 39 pair of socks and some handkerchiefs.

The evening service concluded



Bethesda Baptist Church pastor Rev. Luther Abbott recently received an award.

with a surprise chili supper for the pastor. The Rev. Bob Carter, director of missions for the Madison County Baptist Association, and his wife, Juanita, were present for the event. Rev. Carter spoke briefly

on what an honor it was to have Rev. Abbott as pastor of the local church.

Rev. Abbott thanked all who had been a part of making the day one he would never forget.

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LT215/85R16/8	112
LT235/85R16/10	122
7.50R16/8	119
LT225/75R16/8	111
LT245/75R16/10	122
LT265/75R16/6	121
LT255/85R16/8	138
8.75R16.5/8	114
9.50R16.5/8	125
33x12.50R16.5/8	152

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31x10.50R15/6	112
31x11.50R15/6	120
33x12.50R15/6	135
LT215/85R16/8	112
LT235/85R16/10	122
7.50R16/8	119
LT225/75R16/8	111
LT245/75R16/10	122
LT265/75R16/6	121
LT255/85R16/8	138
8.75R16.5/8	114
9.50R16.5/8	125
33x12.50R16.5/8	152

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# ENTERTAINMENT

## Trivia time

### Stooges more than knuckleheads

By Kevin Carbery  
Staff writer

My second trivia column, and already there is a change.  
I originally intended to write a column every other week, but include at least two sets of questions each time out. Well, now the plan is for me to write a column every week, but to come up with only one set of 10 queries each time.

I hope the change will not negatively affect anyone too much.  
Now, to the business at hand. As a lover of the arts, a certain group of entertainment geniuses have always been near and dear to my heart. I speak, of course, of The Three Stooges.

You can tell a lot about people by which Stooge they say is their favorite. I believe that the majority of people I have discussed this with agree with me that Curly was the best. A significant group chooses Moe and a few others pick Larry or Shemp.

Never trust anyone who claims that Joe Besser or Curly Joe DeRita were their favorite Stooges. What follows are questions about The Three Stooges.

1. Which three of those who worked as Stooges were brothers?
2. What was the real last name of the three brothers?

3. With what vaudeville entertainer were the Stooges originally linked?

4. Within a year, what year saw the first appearance of The Three Stooges on film?

5. For which motion picture studio did The Three Stooges make the vast majority of their films?

6. How were Del Lord and Jules Whites associated with the Stooges?

7. What was the name of the first short film in which The Three Stooges were the featured performers without their vaudeville partner?

8. Of Moe, Larry and Curly, who was the last to die?

9. How was Vernon Dent associated with the Stooges?

10. Name the only Three Stooges film in which the three who were brothers all appeared together.

ANSWERS: 1. Moe, Curly and Shemp Howard; 2. Howard; 3. Moe and Shemp Howard; 4. Moe and Shemp Howard; 5. Moe and Shemp Howard; 6. Moe and Shemp Howard; 7. Moe and Shemp Howard; 8. Moe and Shemp Howard; 9. Moe and Shemp Howard; 10. Moe and Shemp Howard.

## Movie schedules

Film timetable for Wednesday, Jan. 18. For times on other days or to confirm these times, check local theaters.

**CARMINE PETITE**  
112 and Hwy. 132, Collinsville, 344-1708  
Houseguest (PG) 7:15, 9:30  
Legends of the Fall (R) 7:00, 9:45  
Dumb and Dumber (PG-13) 5:00, 7:30  
I.Q. (PG) 4:30, 7:00  
Little Women (PG) 4:45, 7:15  
Dumb and Dumber (PG-13) 5:00, 7:30  
I.Q. (PG) 4:30, 7:00  
Little Women (PG) 4:45, 7:15  
Legends of the Fall (R) 4:00, 7:00  
Houseguest (PG) 4:15, 6:45

**COTTONWOOD EDWARDSVILLE CINEMA**  
Edwardsville, Ill.  
The Jungle Book (PG) 4:30, 7:15, 9:30  
The Santa Clause (PG) 4:15, 6:45, 9:00  
Dumb and Dumber (PG-13) 4:45, 7:20, 9:45  
**HI-POINTE**  
1001 McCausland, 781-0800  
Check theater for movies and times.

**KIRKWOOD CINEMA**  
238 S. Kirkwood Road, 965-1161  
The Last Seduction (R) 4:30, 6:30  
Bullets Over Broadway (PG-13) 4:15, 6:40  
Pulp Fiction (R) 6:00, 8:50

**LINCOLN THEATER**  
103 E. Main (Belleville), 233-0122  
Junior (PG-13) 7:05, 9:15  
The Lion King (G) 7:15, 9:15  
Frankenstein (G) 7:00, 9:30

**NAMEOKI CINEMA**  
30 Nameoki Village, 877-4630  
The Jungle Book (PG) 7:00  
Street Fighter (R) 7:15

**QUAD CINEMA**  
Belleville, Ill.  
The Jungle Book (PG) 4:45, 7:00, 9:30  
Legends of the Fall (R) 5:00, 8:00  
Dumb and Dumber (PG-13) 4:15, 6:45, 9:15  
Disclosure (R) 4:30, 7:00, 9:45

**RITZ 3 THEATER**  
403 E. Main St., Belleville, 233-3535  
The Page Master (G) 7:15

Frankenstein (R) 9:15  
The Lion King (G) 7:00, 9:00  
Junior (PG-13) 7:30, 10:00  
**ROXANA CINE THEATER**  
Roxana, Ill., 254-8748  
The Jungle Book (PG) 7:00

**ST. CLAIR 10**  
50 Ludwig Drive, 388-3283  
Drop Zone (R) 12:15  
I.Q. (PG) 2:45, 5:15, 7:25, 9:40  
Far from Home (PG) 11:30, 1:30, 3:30, 5:30, 7:40, 9:35  
Demon Knight (R) 12:00, 2:00, 5:00, 7:30, 9:25  
Nobody's Fool (R) 11:45, 2:10, 5:10, 7:40, 10:10  
Dumb and Dumber (PG-13) 11:50, 2:15, 4:50, 7:30, 10:00  
Little Women (PG) 11:30, 2:00, 4:40, 7:30, 10:05  
Nell (PG-13) 12:20, 2:30, 5:20, 7:45, 10:15  
Higher Learning (R) 1:15, 4:05, 7:00, 9:30  
Houseguest (PG) 11:40, 1:50, 4:10, 7:05, 9:25  
Disclosure (R) 11:15, 1:40, 4:20, 7:10, 9:50

## Horoscope

Wednesday, Jan. 18  
Enjoy sports, kids and trying out new ideas. Feeling in a rut where your job is concerned? Take a class to improve your computer skills, learn a language, or get in shape. Friends and freedom are preoccupying the minds of the young. Teaching is the favored profession today, so get or give some instruction. Today's most favored relationship is with someone you admire.

**ARIES (March 21-April 19).** A lover you respect is the one you stick with, though flirting is always an enjoyable pastime. Kids look up to you — play time with them has a big influence now. Exercise is the best sleep potion.

**TAURUS (April 20-May 20).** Concentrate on relationships with family and community. Performing a little repair job for a neighbor can bring you good luck. Experiences from the past give you the edge in career matters.

**GEMINI (May 21-June 21).** Strive for a fresh perspective on co-worker relationships — those who have been uncooperative can be won over by your engaging smile. Continue to take care in transit — drive defensively.

**CANCER (June 22-July 22).** Being smart with money on a daily basis is one of your long-term strengths — those thrifty habits practiced now promise security in the future. Bonuses come in the form of insurance benefits or investments.

**VIRGO (Aug. 23-Sept. 22).** Work at home or behind closed doors for best results. Enjoy a daydream, and jot down the dream you had last night — psychic ability and intuition are active, so wool-gathering holds hints of truth.

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**LEO (July 23-Aug. 22).** Expect a friend to be nosy but well-intentioned, and unsolicited advice can be very useful today. Strike a balance between professional and personal duties, though it won't be easy. Get some rest, too.

**TODAY'S BIRTHDAY (Jan. 18).** There's so much to do and so few hours in the day. Through March and April, you prove you can do the best job, and by August, you've found focus, and it's full speed toward goals. Business travel in September and October can lead to expansion of your career potential. Next November, you're in the position you've longed for.

**AQUARIUS (Jan. 20-Feb. 18).** Meetings or classes may be canceled or may not meet your expectations. Your influence can be seen in the jealousy you encounter — disarm rivals with your easy charm. Seek new data pertinent to your goals. Pisces (Feb. 19-March 20). Continue to plod along, and you'll be rewarded next week by praise and recognition. Accuracy is more important than creativity, so use discipline in routine matters — and eat healthy, too!

**WEDNESDAY SPECIAL**  
1/2 BROASTED CHICKEN  
DINNER — 11:00AM TO 8:00PM  
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KITCHEN OPEN MON-FRI  
NEW KITCHEN HOURS 11:00 TO 2:00PM  
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**THE JUNGLE BOOK** [PG]  
FRI/SAT 7:00, 9:30 SAT/SUN/MAT 2:00  
SUN-THURS 7:00  
**STARTS FRIDAY!**  
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MICHAEL KEATON  
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FRI/SAT 7:15, 9:45 SUN-THURS 7:15 SAT/SUN/MAT 2:30  
Now FREE REFILL on Popcorn & Soft Drinks!

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Every Tuesday  
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**LIVE MUSIC**  
FRIDAY & SATURDAY  
FROM 10:00PM TO 2:00AM  
NEW KITCHEN HOURS:  
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11:00AM TO 2:00PM-4:00PM  
TO 8:00PM

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MONDAY THRU FRIDAY  
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TO 8:00PM

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JAN. 20 & 21, 11 PM-2 PM  
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M-Th 6am-2pm, SAT 4pm-3am  
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Doors Open 4 PM  
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**Venice**  
Venice-Madisonary held its first home in Venice and Delores St. served 14 members. Kate Buechel, business meeting, Annamades Nursing and special received. Pitter chairman, reported fund by member office. A collection of wish project. T. president, Debbie throughout Illinois ad wishes since community service ch Colonial Care of Colonades and Jan. 19, Quarter

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## Venice-Madison Unit 307 American Legion Auxiliary holds meeting

Venice-Madison Unit 307 American Legion Auxiliary held its monthly meeting Jan. 2 at Post 307 home in Venice. Dorothy Hinson, Joyce Pittenger and Delores Stalecker were the hostesses, who served 14 members.

Kate Buchelle, president, presided at the business meeting. A thank you was received from Colonnades Nursing Home for the monthly bingos and special Christmas treats the residents received. Pittenger, auxiliary emergency fund chairman, reported \$101.42 was contributed to this fund by members and sent to the department office.

A collection of \$6.86 was taken for the Make-A-Wish project. This is a project of the department president, Debbie Doerr. From contributions made throughout Illinois, four children have been granted wishes since September. Bette Nugent, community service chairman, announced bingos for the Colonial Care Center, which was held on Jan. 12, and Colonnades Nursing Home, which was held on Jan. 19. Quarters were given for prizes.

A donation has been sent to the Illini Girls' State Program.

Hinson, junior adviser, reported on the girls' activities during December. The group visited Jefferson Barracks Veterans Administration Hospital for a bingo game, donated 42 games and toys to the Toys for Tots program and attended the 22nd District overnight in Cahokia. Christmas tree trays favors with candy canes were given to the two local nursing homes and to the Alton Mental Health Center.

Norma Hillner, membership chairman, reported needing only three members to be at goal for this year. Pauline Messinger, national security chairman, reported taking \$40 worth of luncheon meals, cheeses and other snacks to the McDonnell U.S.O. in St. Louis for the December rush time. Frances Cowley, past president's chairman, announced the annual dinner meeting will be held at 6:30 p.m. March 30 at Post 307 home. Jane Modrusis is the 22nd District chairman of this meeting.

Hinson, co-chairman of the V.A. and R., made

plans to visit the Marion Veterans Administration Hospital on Jan. 26 for a bingo party. Also, on Feb. 14, the auxiliary is scheduled to visit the Jefferson Barracks Nursing Home for a bingo party.

Hinson, also the associate hospital representative at the John Cochran Veterans Administration Hospital, thanked all of the members for their assistance during the month of December in decorating Christmas trees, working at the Christmas store and wrapping gifts for the patients. The veterans said their families sent their thanks and appreciation and wished all a happy new year.

Mary Ballentine, co-chairman of V.A. and R., sent a report of the many get-well and sympathy cards sent to the post and unit members during November and December.

Announcement of coming meetings was made as

follows: Lincoln Pilgrimage in Springfield on Feb. 11 and 12; 22nd District meeting in Collinsville on Feb. 19 and the patriotic conference in Schaumburg, Ill., on March 17. Some members plan to attend these.

Unit 307 members were sorrowed by the death of two members, Agnes Trawler and Lettie Kelly Taylor. A donation was sent to the department for the Make-A-Wish program in their memory.

It was voted to have a special project again this year to raise money for the Marion VA and Quincy Veteran Home trips. These are taken in September and October, where parties for the hospitalized veterans and residents are held.

The attendance prize was won by Mary Helling.

The next meeting will be held at 7 p.m. Monday, Feb. 6.

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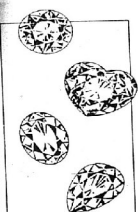
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**WEDNESDAY, JANUARY 11**  
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(314) 991-3793

**THURSDAY, JANUARY 12**  
10229 Lewis & Clark Blvd.,  
Ballantyne Neighbors, MO  
(314) 887-8828

**FRIDAY, JANUARY 13**  
11800 St. Charles Rock Rd.,  
Bridgeton, MO  
(314) 729-4921

**SATURDAY, JANUARY 14**  
1365 S. Fifth St., St. Charles, MO  
(314) 925-2744  
(314) 940-2313

**TUESDAY, JANUARY 17**  
849 Jeffco Blvd., Arnold, MO  
(314) 286-8887

**WEDNESDAY, JANUARY 18**  
2511 Lemay Ferry Rd., Lemay, MO  
(314) 894-0081

**THURSDAY, JANUARY 19**  
7077 Chipmunk Ave., Shrewsbury, MO  
(314) 781-8218

**FRIDAY, JANUARY 20**  
2801 N. Illinois, Swansea, IL  
(618) 235-9950  
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**SATURDAY, JANUARY 21**  
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# Today's Food

Wednesday, January 18, 1995

## Food & Nutrition

### Wise Ways

Labels have moved into kitchen language, but they still need a base of vocabulary for understanding.

INSIDE

### Living Lean for Adults

What are the chances of avoiding the next cold or getting a burst of energy from a vitamin supplement?

INSIDE

### Blue Ribbon Cook

Turn potatoes into a soup with all the delicious characteristics of German potato salad.

INSIDE

### Private Label Test Run

Oatmeal is an instant warmer on a cold morning. Are the varieties in Price Chopper's Always Save assortment worth getting up?

INSIDE

### Micro Raves

Any time is time for pie — cherry cherry or chocolate — prepared the easy way in a microwave oven.

INSIDE

### Lively Taste

Sweet and spicy is a flavor combination native to every land. With inspiration from the Far East, combine 1/3 cup pimiento sauce, 1/4 cup orange marmalade, 1 tablespoon soy sauce and 1 teaspoon finely shredded fresh ginger. Mix well. Toss with mixed salad greens. Makes about 2/3 cup dressing.

## Health & Fitness

### Medicine Chest

When buying over-the-counter drug products, check for signs of tampering. Inspect both inner and outer packaging. Return any package that looks suspicious.

### Fresh Picks

This time of year pears still are juicy and fresh, with prices remaining attractive. Bartlett is the best known. Bell-shaped, it has sweet, juicy flesh that holds its shape well in baking, poaching and fresh eating. Anjou pears are nearly egg-shaped with a slight 'shoulder.' With light or yellowish-green flesh and thin skin, they are favored for eating fresh and adding to salad. Bosc have a long tapering neck and slim stem. They, too, are wonderful when eaten fresh, but work well baked and cooked, too.

### Big Fat Tip

Chili gets high marks for its warmth and economy, as well as its fiber in the beans. To make your own recipe healthier, restrict it to lean chunks of meat or well-drained ground beef, decrease or omit meat entirely; stretch it with rice, pasta or whole grain bread, or add more vegetables or beans.

### Future Shop

Where do you do breakfast? After all, it is billed as the most important meal of the day. Supermarkets, convenience stores, doughnut and coffee shops, gas service stores vie to commit consumers to start their day right — and get them to come back for quality and convenience later in the day, too.



## CHILI IS HOT

By Janice Denham  
Staff writer

Some things are really "hot." Casual Fridays in the office, celebrating your 89th birthday climbing a mountain in Antarctica named after you, and pots of spicy, bean-stocked chili all qualify.

What makes chili better than the other two is that everyone can enjoy "doing" it. Unlike fleeting preferences for shades of puce and persimmon, the color trend in "bowls o' red" is whatever spells warmth to you.

Customizing chili is a wonderful winter pastime. These recipes are winners in the annual Williams chili seasoning Great American Chili Contest. Some are fiery-hot, while others appeal to milder taste buds.

Region by region, entries range from those thick enough to require a plate for serving and fork to eat, to others that work better in a bowl with bread for dipping.

Red, White and Blue Tortilla Chip Chili — an Arkansas hybrid — stands out in the top pot as truly different from the rest. Made with two varieties of dry beans, ham and smoked sausage, it is topped with tortilla chips made from blue cornmeal.

Renna Cole's Show-Me Chili, bottom right, springs from Columbia, Mo. It receives its deep warmth from hours of simmering in a slow cooker. Great Plains Chili turns up the heat.

For more winning chili recipes and information on

SEE CHILI, INSIDE TODAY'S FOOD PAGE 2

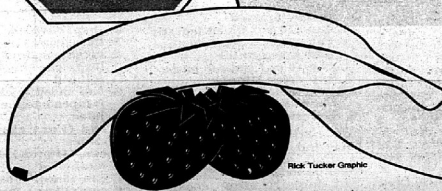
## Fruity Burritos



### Kid's Cuisine

Warm a small flour tortilla in a microwave oven a few seconds, just long enough to soften it. Spread with marshmallow

creme, peanut butter or strawberry jam. Sprinkle with diced strawberries, banana, orange, pear, kiwifruit or apple. Roll up burrito-style. Eat as is or slice in 1-inch pieces.



Rick Tucker Graphic

# Today's Food

## Micro Raves

## Microwave cook: dessert is easy

By BETTY SERATI

"Easy as pie" is an oft-heard refrain, but who considers pie an easy confection to make?

Today's bride may not consider making pie or pastry at the head of her to-do list when marrying, but years ago in Hungarian villages, a girl was not considered eligible for marriage until she perfected her pastry dough.

Pie, of course, has two components — pastry crust and filling. Both deliver challenges. Crust should be flaky and dry, but the filling juicy and flavorful. Sometimes this dichotomy can be difficult to achieve.

Actually, a microwave oven can make pie attainable without turning it into a chore.

In conventional cooking, the moist filling is poured onto unbaked pastry dough, often resulting in a soggy crust. In a microwave, the bottom crust is always baked first, so the result is a flaky crust with a moist filling.

Today's cook has several options — crust from scratch, prepared refrigerated and frozen crust.

To use prepared frozen crust, remove it from its foil dish and place it in a microwave-safe pie plate — usually glass, plastic or paper-

board. Let it thaw and take the shape of the dish. Pierce dough well to keep it from bubbling while cooking.

Another option is to place waxed paper on the dough, then weigh it down with dry beans or marbles. This type of crust takes about 3 minutes to cook on a high power setting.

Refrigerated pastry crust should be unfolded and placed in a microwave-safe pie dish, then prepared the same way as a frozen one. The refrigerated pastry dough takes about 4 minutes to cook on high power. Scratch dough, which also works well, should take about 4 minutes.

There is one disadvantage of microwave-baked crust. It gets dry and flaky so fast, it does not brown. However, the cook can apply a few "cosmetics" to top crust for darker appeal.

Brushing pastry before cooking with a mixture of egg yolk and water or vanilla and water results in a golden appearance.

A little yellow food coloring or vanilla can be mixed into a homemade dough.

Dough made with butter, as opposed to lard, has natural color.

Top crust can be popped

under the broiler a few minutes until golden.

This Cherry Pie with lattice crust is a favorite for every occasion with my family.

waxed paper in microwave oven to catch any spills. Cook on high power 12 to 13 minutes. Place under broiler 1 or 2 minutes until top crust is golden.

Makes one (10-inch) pie.

### CHERRY PIE

Pastry for double-crust pie  
1½ cups sugar  
¾ cup quick-cooking tapioca

2 cans (16 oz. each) water-packed red sour cherries, drained  
¾ cup reserved cherry juice

1 tsp. almond extract  
Few drops red food coloring

1 tsp. butter or margarine  
Place bottom pastry in glass pie plate. Pierce dough.

Cook 3 to 4 minutes on high power until cooked and dry.

In large bowl, combine sugar, tapioca, cherries, juice, almond extract and red food coloring. Let stand 15 minutes.

Pour into baked bottom crust. Dot with butter. Cut dough for second crust in strips.

Place strips in lattice weave over filling. If desired, brush lattice strips with a mixture of vanilla and water.

Place on large sheet of

### CHOCOLATE CANDY-BAR PIE

1 single-crust 9-inch pie shell, baked  
3 (1.55 oz. each) milk chocolate candy bars or ¾ cup milk chocolate chips

1½ cup mini-marshmallows  
½ cup milk  
1 cup whipping cream, whipped

½ tsp. almond extract  
3 tsp. favorite liqueur  
Combine chocolate, marshmallows and milk in 2-quart glass bowl. Cook on medium-high (70 percent) power 3 to 4 minutes. Stir until smooth.

Combine almond flavoring and liqueur with whipped cream. Fold into cooled marshmallow mixture. Pour filling into crust. Chill until set.

Betty Serati specializes in microwave cooking.

## Always Save variety pack instant oatmeal.

two packets of each flavor.

- regular
- apple & cinnamon & other natural flavors
- cinnamon & spice
- peach & cream & other natural flavors
- maple & brown sugar & other natural flavors



10 INDIVIDUAL PACKETS  
NET WT 13.25 OZ (376 g)

Choose one or alternate flavors of instant oatmeal when Always Save variety pack is in the pantry for a quick breakfast.

## Private Label Test Run

## Wake up to oatmeal for warm breakfast

Oatmeal aficionados sometimes hide, waiting for someone to make it for them — like their mother did when they were young.

With flavored instant oatmeal, that mom is superfluous. The package directors tossing the mixture straight from the packet with water or milk, microwaving it less than two minutes, letting it sit another minute, then eating. Testers added "and enjoying" right after the "eating" part.

Those who regularly buy the product look for it as a "two-for-one" item or try to use a coupon when buying a national brand.

They were impressed by the Always Save variety pack of instant oatmeal from Price Chopper at a price of \$1.33 for 10 individual packets. Other private label brands cost as much as \$2, while the national brand costs closer to \$3 for the same size package. Flavors are sold individually as well.

"That's a really great price for it," said one tester, who had bought four boxes of a national brand at a two-for-one price the week before.

They all thought the individual flavor varieties lived up to their names — peaches and cream, apple and cinnamon, cinnamon and spice, maple and brown sugar.

The consensus was that cinnamon and other spices was flavorful, but not overwhelming.

Each taster praised the flavor of the variety she sampled. Because some tasters prefer a plainer oatmeal — which seemed to follow more adult preferences in taste and texture — there were variations around the table on how the flavored oatmeal was used.

One solves the dilemma by adding plain uncooked oats to a flavored mix, making the variety package handy with two packets of instant regular oatmeal to go with two each of the other flavors. The bowls were emptied quickly, as each easily converted the oatmeal to the thickness and milk ratio she enjoys.

"The flavors are very comparable to the national brand," one tester said. "The peaches may not be quite so chunky, but the flavor is the same. Love those peaches!"

## Chili

Continued from page 1C. the next contest, send a stamped, self-addressed envelope to: Chili Contest, Williams Foods, P.O. Box 14067, Lenexa, Kan., 66285. Featuring Williams seasoning, sauce or chili mixes, the contest is open to chili — with or without beans or meat — and creative summer dishes. Deadline for entries is April 1.

### RED, WHITE AND BLUE TORTILLA CHIP CHILI

- 1 cup dry red beans
- 1 cup dry great Northern beans
- 1 tsp. oil
- 1 cup chopped celery
- 2 cups chopped green bell pepper
- 2 cups chopped onion
- 2 cans (14½ oz. each)

- chicken broth
- 2 cups water
- 1 lb. fully cooked smoked sausage, sliced ½-inch thick
- 1 lb. cooked ham, cut in 1½-inch cubes
- 1 pkg. (1 oz.) chili seasoning, Cajun preferred
- 1 tsp. cayenne pepper
- 1 bag (8 oz.) blue corn tortilla chips

Cover beans with cold water. Let soak overnight. Drain.

Heat oil in 5-quart Dutch oven. Sauté celery, green pepper and onion until tender. Add chicken broth, water, red and great Northern beans, sausage, ham, chili seasoning and cayenne pepper. Bring to boil. Reduce heat. Simmer, covered, 2 hours or until beans are tender, stirring frequently. Add water if chili becomes too thick. Serve in bowls with blue chips on top.

Makes 10 to 12 servings.

### SHOW-ME CHILI

- 1 lb. ground beef
- 2 cloves garlic, minced
- 1 pkg. (1 oz.) chili seasoning
- 1 cup chopped celery
- 1 cup chopped onion
- ½ cup chopped green bell pepper
- 1 can (15½ oz.) kidney beans, drained
- 1 can (16 oz.) diced tomato
- 1 can (10 oz.) diced tomato and green chiles
- 1 can (6 oz.) tomato paste
- 1 cup spicy tomato vegetable juice
- Shredded cheddar cheese, if desired

In skillet, brown ground beef and garlic. Drain. Stir in chili seasoning. Cook 2 minutes longer. In 5-quart slow cooker, combine celery, onion, green

pepper, beans, tomato, tomato and green chiles, tomato paste and tomato juice. Stir in meat mixture. Cook, covered, on low setting 10 to 12 hours or high setting 4 to 5 hours.

Serve in bowls topped with cheddar cheese. Makes 6 servings.

### GREAT PLAINS CHILI

- 2 tbsp. olive oil
- 2 lb. ground beef
- 1 large onion, chopped
- 2 large cloves garlic, minced
- 1 can (4 oz.) chopped green chiles
- 1 can (14½ oz.) diced tomato
- 1 can (6 oz.) tomato paste
- 1 can (10 oz.) tomato and green chiles

cereal is the number of cup(s) that comes closest to weighing 30 grams. Manufacturers have the option of using household measures closest to 30 grams (1.1 ounce), or amounts closest to 1 cup.

Compare labels: Thirty grams cereal equals 1 cup oat cereal, 1¼ cups rice cereal or just ½ cup bran cereal.

On the other hand, a cereal whose manufacturer decides to use the 1-cup label option can have a "serving" vary from the standard 30 grams up to 60 grams per cup for sugary fruit and bran cereals.

This crunchy snack recipe offers a chance to compare labels.

Low-sugar cereals and peanuts create a nutritious mix which contributes one-fifth the daily value for protein, vitamin E, vitamin E, iron and most B vitamins in one serving.

### SAVORY CEREAL SNACK MIX

5 cups unsweetened or

low-sugar cereals — such as Cheerios, Wheat, Rice or Corn Chex, Kix.

- Shredded Wheat, mixed
- 1 cup small pretzel rings
- 1 cup unsalted, roasted peanuts
- 2 tsp. margarine
- 1 tsp. Worcestershire sauce
- 1 tsp. paprika or salt-free seasoning blend
- 1/8 tsp. garlic powder

Preheat oven to 250°.

In large baking pan, melt margarine in preheated oven. Stir Worcestershire sauce, paprika and garlic powder into margarine.

Toss in cereals, pretzels and peanuts, stirring gently to coat.

Bake 30 to 45 minutes, stirring every 15 minutes, until toasted.

Makes seven (1-cup) servings; 272 calories, 14 g fat (45 percent from fat) and 45 mg sodium each.

Note: Omit hard items, like peanuts or pretzels, for children under 5 years old.

Home economist Mary Schroeffer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

### CHILI KIDS LOVE

- 2 lb. ground beef or turkey
- 1 large onion, chopped
- 3 ribs celery, chopped
- ¾ green bell pepper, finely chopped
- 2 cans (10 oz. each) diced tomato and green chiles
- 2 cans (10½ oz. each) tomato soup
- 1 can (15 oz.) kidney beans
- 1 pkg. (1 oz.) chili seasoning
- ½ cup brown sugar
- 2 tsp. Worcestershire sauce
- Salt and pepper to taste

In 5-quart Dutch oven, sauté ground beef, onion, celery and green pepper. Cook, stirring frequently, until meat is browned. Drain.

Add tomato and chiles, soup, beans, chili seasoning, brown sugar, Worcestershire sauce and salt and pepper. Simmer over medium heat 30 minutes.

## Do vi

With the cold season upon us, load up on vitamins of preventing viruses. Pop spouts mounds touting the benefits of vitamins and minerals shelves are lined with dozens of different and mineral supplements. Of keeping our bodies healthy, we have come to realize that vitamins are the key to good health. You need them, statement with "false."

1. Vitamin C common cold.  
2. Vitamins directly to the heart.  
3. Vitamin supplements are in any dose.  
4. "Natural" mineral supplements health food store than synthetic ones.  
5. In addition, balanced diet, for most adults, min supplement they get from food.  
All five statements are false.

1. No food, a medicine can

## Pota

Dolores Mohr, St. Charles, Mo., this week's rec German Potato she wins a prize certificate House Co. A fan of potatoes, "in any form," she devours of German while avoiding a cream soup.

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## Do vitamins thwart colds?

With the cold and flu season upon us, many people load up on vitamins in hopes of preventing the menacing viruses. Popular media spouts mounds of information touting the benefits of vitamins and minerals. Store shelves are lined with hundreds of supplements.

Our bodies actually need dozens of different vitamins and minerals in order to accomplish the interior task of keeping our body healthy. See what you know — or have come to believe — about what the pills containing these little activators can do before deciding whether you need them. Answer each statement with "true" or "false."

1. Vitamin C prevents the common cold.
2. Vitamins gives energy directly to the body.
3. Vitamin and mineral supplements are safe to use in any dose.
4. "Natural" vitamin and mineral supplements from a health food store are better than synthetic ones.
5. In addition to eating a balanced diet, it is important for most adults to take vitamin supplements to be certain they get enough nutrients.

All five statements are false.

1. No food, supplement or medicine can prevent the

common cold. Studies indicate vitamin C may be helpful in cutting the duration, but not preventing a cold. Drinking orange juice while you have a cold has a double effect: It gives the system much-needed liquids and offers extra vitamin C.

2. Since vitamins do not provide energy, they cannot directly give energy.

3. Some vitamins and minerals can be harmful if taken in large amounts for long periods of time. The old adage, "If a little is good, then more must be better," does not hold true here.

4. The human body absorbs and utilizes synthetic supplements and supplements made from natural sources equally.

5. When it comes to taking vitamin and mineral supplements, the answer lies within the daily diet. A healthy eating pattern emphasizes balance, variety and moderation. Skip the vitamin supplement and spend the effort on including more whole grain breads and cereals, low-fat dairy products, lean meats and at least five servings of fruits and vegetables daily.

Do not look to a pill bottle for solutions, but rather to what you eat. This answer avoids putting a dent in the wallet, too.

Try this spinach salad as an accompaniment to the

next meal.

### SPINACH SALAD WITH APPLE CIDER DRESSING

- 2 cups bite-size pieces romaine lettuce
- 3 cups bite-size spinach
- 1 cup shredded zucchini
- ½ cup chopped mushrooms
- ½ cup chopped radish
- ½ cup chopped red bell pepper
- 1 can (11 oz.) mandarin orange segments, drained

Combine lettuce, spinach, zucchini, mushrooms, radishes, bell pepper and oranges. Toss with dressing.

**Apple Cider Dressing:** Using fork or whisk, mix together ¼ cup thawed apple juice concentrate, 2 tablespoons chopped fresh parsley, 2 tablespoons finely shredded apple, 3 tablespoons water, 2 tablespoons cider vinegar, 1 tablespoon Dijon mustard, ¼ teaspoon salt and 18 teaspoon pepper.

Registered dietitian Katie Duggan is a member of the nutrition committee of the American Heart Association, St. Louis Chapter.

## Potato soup is big winner

Dolores Mohrmann Phelps, St. Charles, is the winner of this week's recipe contest for German Potato Soup. For it she wins a prize of dinner certificates from Pasta House Co.

A fan of potato salad, she says, "in any way, shape or form," she developed the flavors of German-style salad while avoiding turning it into a cream soup. When she

serves it at a meal, her favorite accompaniments are bratwurst, sweet-and-sour red cabbage and fresh apple sauce.

Recipes in this month's Fruit Muffin Recipe Contest will be accepted through Jan. 31 for consideration as winner each week in February. Send in any type of muffin recipe that includes fruit or fruit flavor.

One recipe per household can be sent to: Fruit Muffin Recipe Contest, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

As usual, if there is a history to the recipe, it will be considered part of the entry. Along with taste and eye appeal, it will be used as a basis for selecting winners. Originality will be considered. (See SOUP, Page 4C)

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# You Save Every

## Liquor Dept. Red Tag Values

Liquor Prices Good At Illinois Stores Only

Ice House  
or Red Dog ..... **589**  
12-PACK  
12-OZ. CANS

Crown  
Royal ..... **1499**  
750-ML

REGULAR OR LIGHT  
Old Milwaukee  
Beer..... **569**  
18-PACK  
12-OZ. CANS

REGULAR OR DARK  
Heineken  
Beer..... **499**  
6-PACK  
N/R BTLs.

REGULAR OR LIGHT  
Artic Ice  
from Coor's ..... **569**  
12-PACK  
12-OZ. CANS

**Please Drink Responsibly-Don't Drink & Drive.**

CARTON PRICES INCLUDE EXCISE TAXES  
SALES TAX ADDITIONAL

Winston  
Cigarettes ..... **1299**  
CARTON

REGULAR OR LIGHT  
Coor's  
Beer..... **569**  
12-PACK  
12-OZ. CANS

O'Doul's  
N.A. Brew..... **569**  
12-PACK  
12-OZ. CANS

Seagram's Gin  
or 7 Crown ..... **669**  
750-ML

Seagram's  
V.O. .... **869**  
750-ML

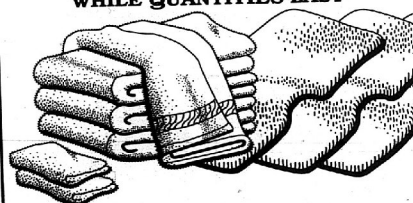
Chevas  
Regal ..... **1769**  
750-ML

CARTON PRICES INCLUDE EXCISE TAXES  
SALES TAX ADDITIONAL

Doral  
Cigarettes ..... **1099**  
CARTON

•JANUARY•

**\$300** White  
**SALE!**  
WHILE QUANTITIES LAST



MFG. SUGGESTED PRICE \$5.99

Rug  
Runner **300** EACH

MFG. SUGGESTED PRICE \$4.99

Terri  
Foam  
Bath Mat **300** EACH

MFG. SUGGESTED PRICE \$4.99

Oop's  
Wash  
Cloths **300** 3-PACK

MFG. SUGGESTED PRICE \$4.99

Oop's  
Hand  
Towels **300** 3-PACK

MFG. SUGGESTED PRICE \$4.99

Oop's  
Kitchen  
Towels **300** 3-PACK



SOLD ELSEWHERE \$19.99  
**Orthopedic Pillow**

**599** EACH

## Health & Beauty Red Tag Values

SAVE 30¢  
Tylenol PM  
Geltabs, Caplets  
or Gelscaps **319**  
24-COUNT  
PACKAGE

SAVE 58¢  
Tylenol Flu  
Maximum  
Strength  
Gelscaps **219**  
10-COUNT  
PACKAGE

SAVE 58¢  
Mentadent Toothpaste  
3.5-Oz. Tube or 5.2-Oz. Refill

**269** EACH

SAVE 98¢  
Papaya Plus Shampoo  
or Conditioner

**199** 15-OZ.  
BTL.

SAVE 50¢  
Ban Solid  
Deodorant

**179** 1.75  
OZ.

SAVE 48¢  
Vaseline Intensive  
Care Lotion

**229** 10-OZ.  
BTL.

4-ct. Personal Touch Blades  
or Personal Touch Razor or  
Schick Tracer Razor

**299** EACH

Mylanta Double  
Strength Liquid  
Our Low Price \$4.99

**349** 12-OZ.  
BTL.

WITH MAIL-IN REBATE

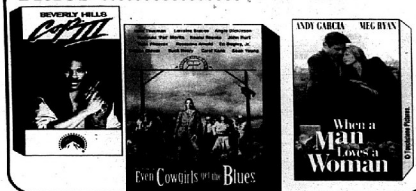
## Video Center

AT STORES WITH VIDEO DEPARTMENTS ONLY

Everyday Low Rental Prices

All New  
Releases..... **99¢** EACH

All Other  
Titles ..... **49¢** EACH



TYLENOL

Save  
Up To  
**\$5.00**

MYLANTA

HERE'S HOW TO GET YOUR TYLENOL®  
VALUE DAYS® REFUND.

1. Check the Refund amount you're applying for:  
— \$5.00 for buying any (3) three participating Brands  
— \$3.00 for buying any (2) two participating Brands  
— \$1.50 for buying any (1) one participating Brand

2. Enclose this completed certificate plus your dated cash register receipt(s) with price(s) you paid circled

3. Check off below the product(s) of purchase you are enclosing. Trial sizes and vials do not qualify.

THE UPC SYMBOL(S) AND NUMBER(S) CUT FROM THE PACKAGE:

Regular or Extra Strength TYLENOL® — Children's TYLENOL® Cold — TYLENOL® PM  
Tylenol, Caplets, Gelscaps or Gelscaps — TYLENOL® Cough — Pedicaps®  
Children's TYLENOL® (Includes — TYLENOL® Flu or TYLENOL® Cold — MYLANTA®  
Infants and Junior Strength)

ENTIRE PRINTED PLASTIC SHRINK WRAP FROM THE PACKAGE:

— TYLENOL® FASTCAP® Package

MAIL-IN CERTIFICATE | EXPIRES 3/15/95

4. Mail to:  
TYLENOL®/MYLANTA® VALUE DAYS REFUND  
FOLDED 7588  
MONTICELLO, MN 55603-7688

Name \_\_\_\_\_ (please print)

Address \_\_\_\_\_

Age \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

NOTE: Offer good only in U.S.A. and APO/FPO addresses.  
Offer expires March 15, 1995. This refund form may not be  
reused. A maximum of ONE OFFER PER FAMILY (AND/OR  
HOUSEHOLD) is allowed. Void where prohibited. Your offer  
rights may not be transferred or assigned. Offer void where prohibited  
except as restricted. Please allow 6 to 8 weeks for receipt of refund.  
© MCN PPC, Inc. '94



# Day at Shop 'n Save

## Photo Processing

Your Choice of Single Prints  
**PLUS FREE FILM**  
or **DOUBLE PRINTS**

# 379

24-EXP. ROLL  
3 1/2-INCH PRINTS

**Everyday!**

ORIGINAL COLOR PRINT FILM ONLY

**Capture All the  
Beauty of the  
Season  
On Film!**



## Dairy Dept. Red Tag Values

REGULAR OR LIGHT

**Kraft  
Parkay  
Quarters**



# 39¢

16-OZ.  
PKG.

**Pevely  
Orange  
Juice**



# 99¢

HALF  
GALLON

9.5-OUNCE PACKAGE  
Shop 'n Save  
Cinnamon Rolls ..

# 89¢

8-OZ. CARTON  
ASSORTED  
Pevely Lite  
Non-Fat Yogurt..

# 3/\$1



16-OUNCE PACKAGE  
SELECT VARIETIES  
Shop 'n Save  
Shredded Cheese ..

# 249

16-OUNCE CARTON  
Dean's Reg. or  
Non-Fat Dip .....

# 99¢

**Enjoy Total Value  
On Our Complete  
Line of Farm Fresh  
Dairy Products!**

## Frozen Food Red Tag Values

ALL VARIETIES  
**Healthy  
Choice  
Entrees**



# 3/4 95

6.25 TO 11-OZ.  
PACKAGE

ORIGINAL OR  
THINCRUST  
**Tombstone  
Pizza**



# 2/5 98

18 TO 22.50-  
OZ. PKG.

10-OUNCE PACKAGE  
ASSORTED VARIETIES  
Totino's  
Party Pizza .....

# 95¢

ASSORTED  
Breyer's  
Ice Cream .....

# 2/\$5

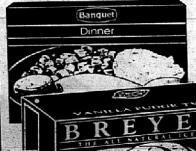
HALF  
GALLON

12-OUNCE CAN  
Shop 'n Save  
Orange Juice .....

# 59¢

EVERYDAY LOW PRICE  
11-OUNCE PACKAGE  
Banquet  
Meals.....

# 147



**Get 2 Banquet Pot Pies  
FREE!**  
With the Purchase of 4  
Banquet Meals

•LIMIT ONE COUPON PER FAMILY  
•COUPON EXPIRES JANUARY 21, 1995  
•STORE COUPON #6222  
•COUPON VALUE \$1.30

*Shop 'n Save.*

## We Want You!

Shop 'n Save is now  
accepting applications for  
part-time employment.  
For more information, visit  
the Customer Service  
Counter at your nearest  
Shop 'n Save Store.

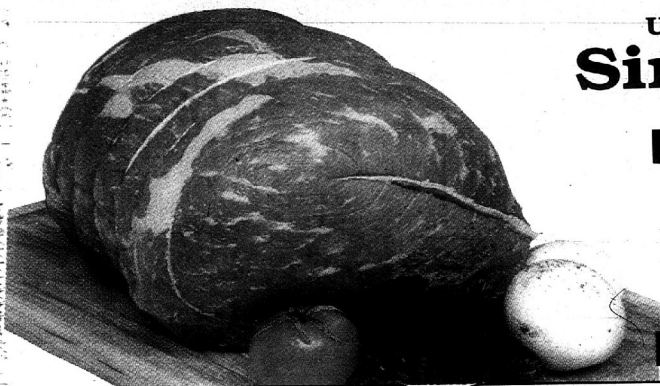
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M/F/D/V

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# TOTAL VALUE

# = Quality, Selection and Low Prices!



USDA CHOICE BEEF, BONELESS  
**Sirloin Tip Roast**

# 189

lb. **LIMIT 3**

**Wilson Corn King  
Sliced Bacon**

# 119

1-LB. PKG.

TENDERBIRD, FROZEN  
**Skinless, Boneless  
Chicken Breast**

# 599

3-LB. BAG  
LIMIT 3

**Patti Jean  
Cornish Hens**

# 159

20-OZ. PKG.

LEAN, MEATY  
**Boneless Pork  
Butt Roast**

# 99¢

lb.

ALL VARIETIES

**R.B. Rice  
Pork Sausage**

# 169

1-POUND  
ROLL

1-POUND ROLL  
**R.B. Rice  
Chili**

# 169

34-OUNCE PACKAGE  
**Hudson Full  
Meal Kits**

# 599

**Fresh Perdue  
Ground Turkey**

# 169

lb.

1-POUND PACKAGE  
**Oscar Mayer  
Sliced Bologna**

# 2/\$3

1-POUND PACKAGE  
**Mexican Inn  
Beef Tamales**

# 99¢

REGULAR OR CHEESE  
**Eckrich  
Jumbo Franks**

# 119

1-POUND  
PACKAGE

**Deli/Bakery/Seafood Shop**

98% FAT FREE  
**Jennie-O  
Turkey Breast**

# 299

lb.

**Wisconsin  
Hot Pepper Cheese**

# 299

lb.

**Texas Ruby Red  
Grapefruit**

# 298

10-LB. BAG

16-OUNCE LOAVES  
**Fresh Baked  
Italian Bread**

# 89¢

**Deep Fruit  
Coffee Cake**

# 149

17-OZ.  
PKG.

50 TO 60-COUNT  
**Gulf  
Shrimp**

# 599

lb.

**Alaskan**

**Whitefish Fillets**

# 219

lb.

BUNCH  
**California  
Broccoli**

# 78¢

3-POUND BAG  
**Dole Classic  
Salad Mix**

# 248

# Shop'n Save

The more you shop ♪  
♪ the more you save. SM

PRICES GUARANTEED THRU JAN. 21, 1995  
AT THE ST. LOUIS METRO STORES ONLY  
•WE RESERVE THE RIGHT TO LIMIT  
•NO SALES TO DEALERS  
•BAKERY/DELI/SEAFOOD NOT AVAILABLE  
AT ALL LOCATIONS

**For Store Locations  
Call (314)984-0900**

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## 70 TOYOTA

**73** GMC 3500 SR2 Auto  
\$100,000 \$13,995  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477  
2000 JEEP 2500-2500-71953

**76** Teased Auto, Airt  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477

**74 VOLKSWAGEN**  
'89 VW Pass - Cream Puff  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477

**76 OLVO**  
'84 Volvo GLD Was \$3,800  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477

**'81 Volvo Vaguet**  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477

**84 CHEVROLET TRUCKS**  
'84 Blazer Truck Was \$4,850  
\$100,000 \$13,995  
We Finance Almost Anyone  
Call 1-800-255-7477

**'88 CHEVLT** 5 ton 4x4 350  
automatic, power, air, extra  
\$100,000 \$13,995  
'83 F150 4x4, Sportside, V6  
\$100,000 \$13,995

**JIM BUTLER CREDIT**  
9000 WATSON 966-3311

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Call after 3pm. 931-0144.  
 '92 F150 XLT- V8, Auto., Load  
 only \$11,900.  
**JIM TUBER CHEVROLE**  
 9900 WATSON 966-3311

**96 TOYOTA TRUCKS**  
 '86 4 Runner, Impeccable!  
 Must See! No Reserve!  
 We Finance! Almost Anyone!  
 Concord 7125 Manchester 642-3577

**105 VANS**  
 '86 Voyager 10 Vans!  
 ★\$100 Dn★  
 Over 200 Cars!  
 We Finance Almost Anyone!  
 FUEL 10011 St Ch Rd Rd 626-7601

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**SPECIAL PURCHASE**  
**1994 ACCLAIM & SPIRIT**  
• Air • Tilt  
Stereo • Cruise  
Bulb • Factory  
Warranty



'93 GMC SLX EXTRA CAB.....	\$16,495
'87 ISUZU TROOPER 4X4.....	\$4495
'89 CHEVY CORSICA.....	\$4595
'89 PLYMOUTH SUNDANCE 2 DR.....	\$3995
'88 PLYMOUTH VOYAGER SE.....	\$5495
'88 OLDS CALAIS 4 DR.....	\$3995

**MEHLVILLE**  
CHRYSLER PLYMOUTH INC.  
3600 LEMAY FERRY RD.  
1/2 MILE NORTH OF SOUTH COUNTY CTR.  
ST. LOUIS, MO. 63125  
487-3000

**Need quick results,**

**Buying or Selling?  
Try the  
Journal  
Classifieds!**

# LINE

**BRAND NEW** **1995 T-BIRD LX**

A side profile of a silver 1995 Ford T-Bird LX coupe. The car is shown from the side, facing left. It has a sleek, aerodynamic design with a low profile. The wheels are multi-spoke alloy rims. The background is plain white.

**One Price — One Package**

- Elect. Auto. Temp. Control
- Speed Control
- Rear Window Defroster
- Tilt Wheel
- Cast Aluminum Wheels
- Full Power
- Automatic
- O/D Transmission
- Elec. Stereo Cassette

**\$16,699**

**PUBLIC NOTICE**  
**3.9%** ON ALL NEW 1995 ESCORTS  
IN STOCK  
**AMERICA'S BEST SELLING**  
Small Car

**APR FINANCING\***  
OR  
**\$600<sup>00</sup> FACTORY REBATE**   
ES  
**\*TO QUALIFIED BUYERS WITH APPROVED CREDIT.**  
**WE HAVE A LARGE SELECTION OF PRE-OWNED CARS AND**

<b>OVER 40 PROGRAM VEHICLES</b>			<b>THIS</b> 
<b>1994</b>	<b>IN STOCK</b>	<b>MODELS</b>	
<b>ESCORTS</b>	<b>MUSTANG</b>	<b>SABLE</b>	
<b>TEMPOS</b>	<b>T-BIRDS</b>	<b>TAURUS</b>	
<b>TOPAZ</b>	<b>COUGARS</b>	<b>CROWN VIC</b>	



**ESCAPADE LX WAGON** **ESCORT LX 2-DR. SPORT**  
**LIMITED TIME OFFER EXPIRES 2-6-95**  
**LOOKS WELL CONDITIONED IN ALL PRICE RANGES—SEE US TODAY!**

**WEEK'S SPECIAL**

**1994 TEMPO GL 4 DR.**  
CHOOSE FROM 8  
FULLY EQUIPPED

**PRICED FROM**  
**\$10,999**


FRESH  
SHIPMENT  
JUST  
ARRIVED

**PARTS AND SERVICE DEPARTMENT**  
OPEN MONDAY THRU FRIDAY 7:00 A.M. TO 6:00 P.M.

**A Full Service Dealer**  
•SALES •PARTS  
•LEASING •SERVICE

**COMPLETE BODY  
REPAIR FACILITIES**

Two Miles  
South of I-270

 **FORD**

ILLINOIS RTE. 3 AT  
PONTIAC RD.  
GRANITE CITY, IL 62040

**(618) 452-5400  
(314) 867-9219**

**YB** **SILVERADO 1/2 TON**  
  
 Block, 454 Cu. in.,  
 Auto, Air, Loaded,  
 Only 37xxx M.

## OF THE WEEK

**PRE OWNED** **PRE OWNED** **PRE OWNED**

**PRE OWNED TRUCKS**  
**93 BUICK REGAL SEDAN**

**93 DODGE DAKOTA EXT CAB**  
Auto, Air, PS, PW, Cruise, Tilt, 21xxx M.  
**\$14,995**

**94 LUMINA SEDAN**  
Red, Metallic, V-6 Auto, Air, PW, PL, Cruise, Tilt, Cass.  
**\$8,995**

**90 VOLKSWAGEN PASSAT**  
White, V-6 Auto, Air, PW, PL, Cruise, Tilt, Stereo  
**11,995**

**\$10,995**  
93 GEO TRACKER 244  
Blue, Auto, A/C, Full Pwr., 100xx M.  
Maroon, V-6, Auto, Air, PW, PL, Cruise, Tilt  
Black, Sunroof, PW, 111, Cruise, Cass.

**\$11,995**  
94 CORSICA LT

**\$8,995**  
90 NISSAN MAXIMA  
Black, PW, 111, Cruise, Cass.

**92 CHEVY SILVERADO**  
Blue, 350, 5 Sp., Air, Tilt, Cruise, Cass., Fiberglass Shell  
**\$13,995**  
88 FORD LTD. OVER 4X4

**\$9,995**  
94 BEREITA COUPE

White, School, Auto, Air, P.W., Cruise, Tilt, Cass.  
**\$9,995**  
88 NISSAN 929  
Silver, 46, Auto, Air, P.W., Tilt, Cruise, Tilt

**\*15,995**  
91 FORD EXP/DOER XLT 4x4  
Red, Ecce Ride, Auto, Air, PW, PL, Cruise, Tilt

**\*11,995**  
92 DOGE SPIRIT ES  
White, Auto, V6, RW, PL, Stereo

**\*3,495**  
93 MERCURY CAPRICE CONV.  
Teal, A/C, S.S., PS, PB, PW, Cruise, Cass., 150cc M.

**\*15,995**  
91 FORD RANGER XLT  
Auto, Air, PW, PL, Cruise, Tilt

**\*7,495**  
91 GEO STORM GSI  
Auto, Air, PW, PL, Cruise, Tilt, Cass.

**\*11,995**  
88 MERCURY TOPAZ LTS  
Charcoal, A/C, 5 Sp., PW, PL, Cruise, Tilt, Cass.

White, V-6, 5 Sp., Air, PS, PB, Cass. **\$6,995**

**91 CHEVY 3/4 TON PICK UP**

Black, 5 Sp., Air, PS, PB, Cass. **\$7,995**

**91 GEO PRIZM**

White, Air, Air, PS, PB, Stereo

**\$5,495**

**86 OLDS CIERA**

Blue, PW, PL, Cruise, Tilt, Cass.

White, 350, V-8, Auto, PS, PB, Stereo  
**\$4,995**  
**91 CHEVY SILVERADO EXT. CAB**

White, Auto, Auto, V-6, PS, Stereo  
**\$6,995**  
**92 CHEVY LUMINA EURO COUPE**  
 Sed./Auto Air, PW, PL, Cruise, Tilt, Case, Delco

White, V-8, Auto, Air, PS, PB, Stereo  
**\$2,495**  
**87 OLDS CALAIS COUPE**

Blue, V-6, 5 Sp., PW, PL, Cruise, Tilt, Cass.

**\*11,495**

**90 CHEVY SUBURBAN SILVERADO**  
V-8, 4 Sp., PW, PL, Cruise, Tilt, Cass.

**\*11,495**

**90 CHEVY CAVALIER COUPE**  
White, Auto, Air, PS, PB, Stereo.

**\*2,995**

**84 DELTA ROSEWOOD**  
V-8, Auto, Air, Tilt, Cruise, Cass.

**\*\$13,995**  
88 FORD RANGER EXT. CAB  
V-6, Auto, Air, Cruise, Cass.

**\*\$5,495**  
79 CHEVY CAPRICE SEDAN  
Black, V-8, Auto, Air, PW, PL, Cruise, Tilt

**\*\$4,495**  
84 OLDS OMEGA SEDAN  
Green, V-6, Auto, Air, PS, PB, Cruise

	\$5,495	\$2,995	\$2,995
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BIANCO  
OLDS


**AURORA**  
 Home of the

**OLDSMOBILE & POLARIS**

6201 SOUTH LINDBERGH • ST. LOUIS, MISSOURI 63123  
894-2311 OR 1-800-727-2311

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# HAD


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 NEED A N  
 • ON  
 QUALIFY YOU  
 MINIMUM \$10  
 VERIFIABLE IN  
 MONTH  
**PRE**  
 Just

PRINT First M  
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 NAME  
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 EMPLOYED BY N  
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 OTHER'S ☐  
 GEAR OR OCCUPATION


TO OBTAIN THE FRANCHISE FORMS  
 MONTHLY PAYMENT  
 STATE DESIRED  
 BY CUSTOMER

Demand Better..... And Get It!

**S J**



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**CNA**

Full & Part-time  
7-3 shift

Apply in person  
FRIENDSHIP VIL  
OF SOUTH CO  
12550 Village Cl  
St Louis MO 63  
842-6840  
EOE

**LPN/MEDIC  
ASSISTANT**

Pleasant, hard  
Must be experie  
blood drawing, E  
telephone. Clea  
No smoking. P  
Send resume  
adary history to  
Bakers, 145 W  
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## Adverts For Sale

# HAD CREDIT PROBLEMS? ...BEEN BANKRUPT?

NEED A NEW CAR OR TRUCK OR USED CAR OR TRUCK?  
ON THE SPOT APPROVAL ON THE SPOT DELIVERY  
QUALIFY YOURSELF  
MINIMUM \$1000 CASH DOWN PAYMENT  
VERIFIABLE INCOME OF \$1400 PER MONTH  
ABLE TO AFFORD AT LEAST \$295 PER MONTH PAYMENT  
MINIMUM 1 YEAR JOB TIME WITH COPY OF PAY CHECK STUD

**PRE-APPROVED LOAN APPLICATION**  
Just sign & mail to the Attn: Johnny Londoff, Jr.

PRINT FIRST	MIDDLE	LAST	SOC SEC NO	DATE OF BIRTH	NUMBER OF DEPENDENTS	HOME PHONE NO
FULL NAME			SR	MO DAY YR		
PRESENT ADDRESS	NUMBER AND STREET	CITY	COUNTY	STATE	ZIP CODE	LIVED THERE YEARS MONTHS

RENT BY MO	LANDLORD OR MORTGAGE HOLDER (NAME & ADDRESS)
LEASE	
OWN	MO PYMT OR RENT \$
AMT MORTGAGE \$	

PREVIOUS HOME ADDRESS	NUMBER AND STREET	CITY	COUNTY	STATE	ZIP CODE	LIVED THERE YEARS MONTHS
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EMPLOYED BY	Name	Business Address Number And Street	City	State	HOW LONG YEARS MONTHS	BUS PHONE NO
Self						

OTHERS ON OCCUPATION	BADGE NO OR DEPT NO	SALARY WAGES BEFORE TAXES	NAME OF PREVIOUS EMPLOYER	ADDRESS	NO YRS
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MONTHLY PAYMENT	CUSTOMER SIGNATURE	CHECK WHICH APPLIES
DATE DES RE		INDIVIDUAL (CHECK WHICH APPLIES)
OR CUSTOMER		PARTNERSHIP
		CORPORATION
		DATE X 19

WHY Johnny Londoff, Jr., Mark Fambrough or Phil Cartwright PAY MORE?
OVER 50 YEARS EXPERIENCE
314-837-1800
For Immediate Response
2314-921-9338

<b>Johnny Londoff</b>
1375 DUNN ROAD, FLORISSANT, MO 63031
Guaranteed financing or your down payment back
<b>1-800-831-1901</b>

IT PAYS TO READ THE JOURNAL CLASSIFIEDS!

## 105 WANS

100 Dns, 895 \$  
We Finance Almost Anyone  
Call 723-8888  
123 ASTRO - Main St. Condo.  
Rising Road, TV, VCR, 17800  
123 BUTLER CHEVROLET  
9800 WATSON 866-3311  
123 ASTRO VAN - 5 Pass.  
Call 723-8888  
123 BUTLER CHEVROLET  
9800 WATSON 866-3311  
123 Caravan - 12,000  
Winter Snow-On Sale!  
100 Dns, 895 \$  
We Finance Almost Anyone  
Call 723-8888  
123 CHEVY ASTRO CONV. Loaded  
Call 723-8888  
123 Ford Van - Starcraft  
Conv. Low Miles. 1995  
123 BUTLER CHEVROLET  
9800 WATSON 866-3311  
123 GMC Conversion Van  
Bought new in 94. Full size,  
short wheel base, excellent  
condition. Low miles, fully  
loaded. \$18,500. 727-2941.  
123 GMC SAVARI Conversion  
van, V-6, automatic, fully load-  
ed, excellent condition,  
107K miles, seven passen-  
gers, including captain chairs,  
\$1700. 931-1391

## 145 AUTO PARTS/TIRES

COATES TIRE CHANGER,  
5250. 345-8432

## 190 BOATS/MOTORS

72 TERRY, 16ft bass boat, 40  
horse Merc. Voller included,  
excellent cond. \$800 for all.  
Fmnl. 931-0177

## 220 SCHOOLS &amp; COLLEGES

Call  
to include your  
SCHOOL  
in the Suburban  
Journal  
Classified's  
SCHOOLS  
& COLLEGES  
DIRECTORY  
Sunday, January 29

## Autos For Sale

## YOUR APPROVED!

## CARS CARS CARS

NO CREDIT DUE TO DIVORCE • BANKRUPTCY • BAD CREDIT •  
NO CREDIT • DEFAULTED STUDENT LOAN • LATE PAYMENTS •  
MEDICAL BILLS PUT YOU BEHIND

WE HAVE A PLAN FOR YOU

MINIMUM \$300 DOWN OR TRADE EQUITY YOUR JOB IS YOUR CREDIT

CLIP THIS COUPON

**\$500 OFF**

Purchase Price of  
\$100 OFF DOWN  
PAYMENT

Free Warranty on  
all cars  
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Mid America Acceptance

CALL JAY AT  
731-1800

6041 N. LINDBERGH-HAZELWOOD  
MOBILE FROM FORD PLANT

Free Warranty on  
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## Governments encourage alcohol abuse: economists

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W-RUN/H

**116366** NICE 2 OR 3 BEDROOM STARTER HOME has garage, lovely, sunny, C/A, close to school and ready to move home.  
**116499** LOVELY HOME HAS 3 BEDROOMS, 2 bathrooms, spacious kitchen with lots of cabinets, dining area, deep closets, fireplace, large yard and is close to the bus and the major C/A. Call today!  
**116476** BEAUTIFUL HOME WITH GREAT ROOMS with cathedral ceiling and fireplace, 3 bedrooms, 2 baths, 2 car attached garage, full basement, first floor utility room and close to schools.  
**116681** NEED HOME ROOM? Check this 3 and 4 bedroom, 2 bath on block with a full basement. No C/A, 12x16 deck, garage and full basement. Low 40's. Agent desired.  
**116459** LOOKING FOR A PLACE TO HAVE A GARDEN? This 3 bedroom ranch meets or 2 cars could be just the spot for you. Home has a large family room, new windows throughout, screened in back porch, fruit trees and a 2x14.5 garage. Close to 170.  
**116375** 1A -ACRE LOT with 3 bedrooms home has a large kitchen with island and full size cabinets, laundry, mud, den, 90x20 garage with mud, deck and trees. Zoned commercial.

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GAGE CORPORATION

PLAINTIFF

VS

JOHN A. THOMAS, a single per-  
son; CITY OF GRANITE CITY;  
UNKNOWN TENANTS;  
UNKNOWN OWNERS & NON  
RECORD CLAIMANTS.

DEFENDANTS

NO. 92 CH 120

Judge  
George Filcoff

NOTICE OF SALE PURSUANT TO JUDGMENT OF FORECLOSURE  
UNDER ILLINOIS MORTGAGE FORECLOSURE ACT

# GE



# Life

## FOOD

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Big Good M M

**Run STORES**  
**. 17 thru Jan 23**  
 1. Mansville Rd. Store Only

**REFILL**  
**THIS WEEK**  
**FRENCH**  
**VANILLA**

**CE**

**RUN HI-N-RUN HIT**



**DIET COKE**

**12 PACK CANS**

**3<sup>09</sup>**

**OR BUD LIGHT**

**PK CANS**

**69**




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**60**



**CHIP DIP**  
8 OZ.  
**REG. & FAT FREE**

**39¢**



**SANDWICH BREAD**  
24 OZ. **99¢**



**Run Hit-N-Run Hit-N-Run!**

**STYLES 2 FOR 88¢**

**EVE 2 PK 2.98**

**GRAB BAGS**

**NIT-A-RUN HIT-A-RUN**

**WITH LIGHTER**

**SURGEON GENERAL'S WARNING:**  
Quitting Smoking Now Greatly Reduces Serious Risks to Your Health.

**% COFFEE  
or  
% SODA**

**KOOL CHASE**

**KOOL**

**HIT-A-RUN HIT-A-RUN HIT-A-RUN**

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*Our event c*

Wednesday, Jan 23, 2008

3. Elizabeth



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## Community calendar

Our event calendar also includes entries for community groups and their normal meetings. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 876-2000. This calendar runs in every Wednesday's Journal.

## Wednesday, Jan. 18

Granite City Business and Professional Women, meeting at Jerry's Cafeteria, Dinner at 6:30 p.m., followed by a program at 7:15. Open to the public. For more information call 452-5891 or 451-6914.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Doctors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontiac, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Latham, 2200 Vandallia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7:30 p.m., Eden United Church of Christ, 903 Second Street, Edwardsville, 656-9268.

Al-Anon, 7:15 p.m., Gateway Foundation, 600 Lincoln, Caseyville, 463-2429.

Parents Anonymous Group, meets 8 to 9 p.m. For information on where meeting will be held, call Elaine Landolt, 462-2171.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison County Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 876-1360.

## Thursday, Jan. 19

Mount Zion Baptist Church, 4:30 to 8 p.m. at 2827 Mockingbird.

bird Lane. "Meals from the heart," a free meal to those in need. Clothing available. Open to the public.

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 908 Thorngate Drive, Mitchell.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6251 or 877-3784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 463-2429.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 386-9406.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2410 N. 69th St., Caseyville. For information, call 1 (314) 638-7821.

Granite City Community Band rehearsals, 7:30 to 9 p.m., St. John United Church of Christ, 2901 Nameoki Road, Granite City, 931-0443.

## Friday, Jan. 20

Al-Anon meets at 8 p.m. at Pascal Hall on the main floor at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Granite City Eagles Auxiliary 1126 will host the state officers' weekend at the Eagles home, 2588 Madison Ave., in Granite City, with a dessert sale and a fish dinner served by the Aerie.

Madison County Bar Association and WFTV Radio 1080 AM host an "Ask the Lawyer" program from 9 to 10 a.m. This is an opportunity to get free legal advice. Call 692-WFTV (9786).

STEMSS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Granite City Eagles Auxiliary 1126 will host the state officers' weekend with bingo at 1 p.m. at the Nameoki Bingo Hall in Granite City, while the Aerie will hold their district meeting at the Eagles home.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 386-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center.

## Saturday, Jan. 21

Obsessive/Compulsive Disorder Support Group, meets at Von Gontard Conference Center at St. John's Mercy Medical Center, 615 South New Ballas Road, 10 a.m. Meeting is free and open to OCD patients, family and friends. For information call 1 (314) 843-3578.

Granite City Eagles Auxiliary 1126 will host a state officers' weekend at the Eagles home, 2588 Madison Ave., in Granite City, with a meeting at 1 p.m. and games following. The Auxiliary Kitchen Band will entertain

at 7 p.m. and Phase II will play at 8 p.m.

Madison County Human Society will hold an Adopt-A-Pet Day from noon to 4 p.m. at PetsMart in O'Fallon.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2429.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 386-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Granite City Eagles Auxiliary 1126 will host the state officers' weekend with bingo at 1 p.m. at the Nameoki Bingo Hall in Granite City, while the Aerie will hold their district meeting at the Eagles home.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 386-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center.

Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle and a \$50.50 drawing.

Overeaters Anonymous, meets at 2 p.m. in the Wiseman Room, first floor, St. Elizabeth Medical Center in Granite City.

## Monday, Jan. 23

Granite City Lions meet at 7 p.m. at the Knights of Columbus Hall in Granite City in either the auxiliary room or the Pinta room. Any man or woman 18 or older interested in Lionsism is welcome to attend. Anyone interested may call Lion President Marlene Cook at 876-2515 or Lion Treasurer Ken Turcott at 877-6776.

Arthritis Support Group, 7 p.m., Alton Memorial Hospital cafeteria, Room B.

Madison County Computer Club, meets 7 p.m. at Well United Church of Christ facility, 180 Cottonwood Road, about ½ mile east of Highway 159. Beginners as well as experienced computer users are welcome to attend.

Members share information about new hardware and software, mostly for IBM compatibles. (See CALENDAR, Page 10D)

## UNLIMITED LOCAL CALLS FOR UP TO THREE MONTHS.

SAFE & SMART  
1 Month Unlimited Airtime FREE Traveler Phone \$18.95 PER MONTH

2 Months Unlimited Airtime FREE Flip Phone \$29.95 PER MONTH

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The choice is yours. 1, 2 or 3 months of unlimited local calling with an eligible 2-year Ameritech Cellular service plan. Plus a FREE Motorola phone. Offer ends soon, so call today!

Compliment your cellular phone with an Ameritech Pager

Introducing the NEC Sport II Numeric Pager in blue, purple, green, black and clear. It's only \$55 when you sign up for Ameritech Paging service. Get now and you'll receive the first three months of airtime for only \$29.95.

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NEW LOCATION - FEB 1 HWY 159 & GLEN CARBON RD

STOP IN - LARGER STORE - LONGER HOURS TUE-FRI 10-6 SAT 9-4

WANTED Designer women's casual & dress clothing Name brand childrens & teens QUALITY casual and dress clothing

TAKING SPRING & SUMMER ITEMS CALL NOW FOR APPOINTMENT 288-0844

## Mary Jane's FURNITURE

Curio 1/2 Round W/3 Shelves \$140.00

Dutailer Glider Rocker Starting At \$350.00

42" Table W/18" Leaf & 4 Press Back Chairs \$545.00

1/2 Mile N. of 76 Truck Stop on Frontage Rd. Troy, IL 667-8311 HRS: SUN 12-6, M-TU 10-3:57, FRI 10:30-9:00, SAT 9-7

Mary Jane's FURNITURE

RETIREES. HOMEMAKERS. COLLEGE STUDENTS. SEMI-RETIREES MAY-BE YOU?

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You must be 18 years of age or older BE AN INDEPENDENT CONTRACT CARRIER FOR SUBURBAN FIELD MARKETING AND DELIVER MAGAZINES IN YOUR AREA

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Suburban Field Marketing

A Division of the Suburban News-Sun of Greater St. Louis

IS IT TIME FOR A BIRTHDAY PARTY? HAVE A ROLLER SKATING PARTY AT SKATE CORRAL 6541-1109 Let Skate Corp. Help with your Birthday party Includes: Skates, Skate Guards, Soda & Refreshments CALL 692-1369 FOR DETAILS

Sometimes it's just not so easy to remember things.

With Alzheimer's, few things in your life come easily. At Eden Care Center, we understand.

Eden's Alzheimer's Care Unit provides a nurturing environment in a facility designed with soft colors, a low noise level and accessibility through a secured "Wander-guard" system. The specialized nursing care team meets daily to assess progress and develop goals to help Alzheimer's patients work toward achieving their maximum level of independence.

Our "A-team" activity program and Alzheimer's Support Group for families provide supportive and educational programs and assist in understanding and coping with the effects of the disease.

Eden Care Center offers a highly dedicated staff

specially trained to care for residents who have Alzheimer's or related diseases. That's part of the reason we've received a 99.1% quality rating.

We offer comfortable private and semi-private accommodations in a pleasant residential neighborhood, 5 minutes north of Anderson Hospital with easy access to Hwy. 159 near I-270.

And, because we're church affiliated, you know we care. Call Eden Care Center to arrange a personal visit.

Eden Village 300 S. Station Road, Edwardsville 288-5014

Eden Village Care Center has a 99.1% quality assurance rating with the State of Illinois. Eden Care Center is a division of Eden Village, a not-for-profit organization sponsored by Eden United Church of Christ. Eden Village also provides Apartments and Skilled Nursing for the Active and Independent Senior.

## Calvin Johnson CARE CENTER



"Just Because You Can't Care For Someone, Doesn't Mean You Don't Care About Someone."

- Long Term, Short Term
- Skilled, Intermediate, Hospice, Respite Care
- Physical-Speech-Audiology-Occupational Therapy
- Intergenerational Activities
- Dental/Optomety Services Available

To personally tour Calvin Johnson Care Center Contact Karen or Colleen at 234-3323

727 North 17th Belleville, IL 62223

# FAMILY

## Calendar

(Continued from Page 9D)

**Gospel Fellowship Hall, 2301 Orville, Granite City.** A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 886-1865.

**The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection** meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

**Granite City Kiwanis** meet at Shoney's at 7:30 a.m.

**Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 396-9499.**

**School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114.** Classes in applied metaphysics. Call Melanice McManus at 429-0076.

**Senior Social Club, games and bingo** are played at 7 p.m. at the Granite City Township Hall, 2060 Delmar Ave., Granite City. Call 877-1215 for more details.

**Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.**

**Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2429.**

**Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims,** meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center, Call 692-2197 for details.

**TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City, 876-2124.**

**TOPS II, 6:45 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102.** Men and women welcome.

**Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.**

**Tuesday, Jan. 24**

**Benevolent and Protective**

**Order of Elks, Granite City Lodge 1063, Maryville Road, Granite City, 931-3557, 8 p.m.**

**The Edgewood Program** will host a talk and film at 7:30 p.m. on "How to Help an Alcoholic or Drug Addict Who Won't Help Himself" in the Wiesman Room at St. Elizabeth Medical Center.

The speaker will be Warren Neal, counselor with St. Elizabeth Medical Center's Behavioral Health System. The talk is free and open to the public. For more information, call 798-3012.

**Knights of Columbus, 3rd Degree, 4225 Old Alton Road, 7:30 p.m., 877-4250.**

**Ontology Support Group, 2 to 4 p.m., Pascal Hall, main floor, St. Elizabeth Medical Center, 798-3167.**

**People Needing People Bereavement Support Group, 7 to 9 p.m., Wiesman Room, first floor, St. Elizabeth Medical Center, call Hospice of Madison County 798-3599.**

**TOPS 1689 (Take Off Pounds Sensibly) will meet at 6:45 p.m. at the Anchorage Recreation Center, 2902 Edwards St., call 797-2724 for more information.** Men and women are welcome to attend.

**Alcoholics Anonymous, 8:30 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.**

**Alcoholics Anonymous (women only), 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.**

**Narcotics Anonymous, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 692-8078.**

**Al-Anon, 8 p.m., St. John United Church, 2901 Nameoki Road, Granite City, 463-2429.**

**Al-Anon, Alateen and Pre-Alateen, 8 p.m., Niedringhaus United Methodist Church cafeteria, 20th and Delmar, Granite City (babysitter available), 463-2429.**

**Alateen and Pre-Alateen Program for 12 to 17 age group, and pre-alateen for six to 11 year age**

**group, meets at 8 p.m. at Niedringhaus United Methodist Church, 20th and Delmar. For more information call 463-2429.**

**The Blood of the Lamb prayer and bible study.** The public is invited to come for praise and worship, teaching from the Word and prayer for your needs from 10:30 a.m. to 12:30 p.m. at Full Gospel Fellowship Hall, 2301 Orville, Granite City. A nursery will be provided. If a ride is needed, call 451-4020 or 1 (314) 886-1865.

**The Circle of Hope, a 12-step healing program for anyone whose life is affected by HIV infection** meets at 7 p.m. at the King's House on North 66th Street in Belleville. For more information, call 234-0291.

**Granite City Kiwanis** meet at Shoney's at 7:30 a.m.

**Narcotics Anonymous, Path to Recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 396-9499.**

**School of Metaphysics, 7:30 to 10:30 p.m., 9459 Roslan Place, St. John, Mo. 63114.** Classes in applied metaphysics. Call Melanice McManus at 429-0076.

**Senior Social Club, games and bingo** are played at 7 p.m. at the Granite City Township Hall, 2060 Delmar Ave., Granite City. Call 877-1215 for more details.

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A stitch in time — Arlene Hickam of Mitchell works on a quilt at the Chouteau Township Center. Hickam and other members of the quilting group are volunteers in Belleville Area College's Retired and Senior Volunteer Program.

## Births

**Austin Pearman**

Daniel and Christine Pearman of Granite City have announced the birth of their first child, a son.

Austin Drew was born at 5:44 p.m. Oct. 31, 1994, at St. Elizabeth Medical Center and weighed 8 pounds, 10 ounces.

The mother is the former Christine Bonds.

Maternal grandparents are Randall and Linda Bonds of Granite City. Paternal grandparents are William and Patricia Pearman of Granite City.

His great-grandparents are Eddie Bonds, Lowell and Charlene Pearman and Steve and Mary Benko, all of Granite City.

## MEDICAL MALPRACTICE

- Birth Injuries • Surgical Errors
- Medication Mistakes
- Unexplained Death

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Attorney at Law

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- Calluses • Warts • Feet • Corrective Surgery
- Ankle Arthroscopy • Ankle Pain (Chronic and Acute)

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FREE 30 DAY MONEY BACK GUARANTEE!

## MEDICAL, LEGAL AND NURSING HOME MALPRACTICE FREE CONSULTATION

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YEARLY RENEWABLE ANNUAL RATES

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35	\$128.00	\$242.00	\$435.00	\$810.00
45	\$145.00	\$277.00	\$505.00	\$910.00
55	\$238.00	\$505.00	\$960.00	\$1820.00
65	\$547.00	\$1270.00	\$2490.00	\$4830.00

Rates shown are 1st year premium based on male preferred nonsmoker. Underwritten thru Ohio Life Insurance Company - Hamilton, Ohio.

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- NO NOISE ROOF COATING YEAR AFTER YEAR.
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**Back Talk**  
by Dr. Warren A. Stewart, Jr.

**A SO-CALLED SLIP OF THE DISC**

Despite the fact that the human spine is an engineering marvel, this shock-absorbing system endures strains that may eventually test its breaking point. The mere fact that we walk in an upright position subjects the spinal column to all sorts of concussion. In addition, the spine carries the weight of the entire trunk and head and must endure the effects of constant jarring and stretching. To help it maintain its integrity in the face of all these stresses, the spine makes use of small cushions (discs) between each of its bones to absorb shocks and prevent excessive movement. In time, however, the discs endure wear, and spinal misalignments caused by accidents, injury, improper lifting, and strain cause them to bulge or herniate.

If you have a disc condition, do not wait, consult your Doctor of Chiropractic as soon as possible. A disc condition will rarely get better by itself. At the office of WARREN A. STEWART JR., D.C., we recommend a spinal checkup before you begin any strenuous exercise program so as to not to contribute to or worsen any back conditions. We are located at 10251 Lincoln Trail, Suite 12, Fairview Heights, and are currently accepting new patients. Please call 398-2121 to schedule an appointment, M-F 9am-5pm.

P.S. The five lumbar vertebrae (of the lower back) are the largest and heaviest of the bones of the spinal column and support the weight of the entire upper half of the body.

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VOLUME

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By Bob Sil

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By Hilary Sch

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